Leave All Our Troubles Behind

Niveau: Easy Intermediate

Chorégraphe: Manuela Gustavsson (SWE) - January 2023 Musique: Be Alright - Chris Kläfford

Music available on amazon and Apple music.

Intro 16 counts - dance with lyrics (11 sec into track)

Restart after 8 counts on wall 7

Compte: 32

ENDING: Dance 12 counts of Wall 10, finish the dance facing (12:00) by dancing a R sailor step without the ¹⁄₄ turn R (12:00).

Section 1 (1-8): Dorothy step diagonal R, dorothy step diagonal L, jazz box

- 12& Step RF fwd to R diagonal, lock LF behind RF, step RF fwd
- 34& Step LF fwd to L diagonal, lock RF behind LF, step LF fwd
- 56 Step RF over LF, step LF back
- 78 Step RF to R side, step LF slightly fwd

Restart here on wall 7, facing 6:00

Section 2 (9-16): Side rock, sailor 1/4 R, step touch 2x, rock fwd

- 12 RF to R side, recover onto LF
- 3&4 Make a ¼ turn R and cross RF behind LF, step LF to L side, step RF fwd (3:00)
- 5 & 6 & Step LF to L diagonal, touch RF beside LF, step RF to R diagonal, touch LF beside RF
- 78 Step LF fwd, recover onto RF

Section 3 (17-24): Full turn L, coaster step, sway 2x, chasse R

- 12 Make ¹/₂ turn L stepping LF fwd (9:00), make ¹/₂ L stepping RF back (3:00)
- 3 & 4 Step LF back, step RF next to LF, step LF fwd
- 56 Step RF to R and sway hips to R, sway hips to L
- 7 & 8 Step RF to R side, step LF next to RF, step RF to R side

Section 4 (25-32): Unwind full turn R, scissor step, rocking chair

- Cross LF over RF, unwind full turn R keeping weight onto RF 12
- 3&4 Step LF to L side, close RF to L, cross LF over RF
- 56 Rock RF fwd, replace weight on LF,
- 78 rock RF back, replace weight on LF

Start again and have fun!

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