

# Glory Bound

Compte: 44

Mur: 4

Niveau: Intermediate

Chorégraphe: Kate Sala (UK)

Musique: One Step At a Time - Buddy Jewell



## HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, COASTER STEP

- 1&2& Dig right heel forward, step right next to left, dig left heel forward, step left next to right  
3&4 Rock forward on right, rock back on left, step back on right  
5&6 Step back on left, bring right next to left, step back on left  
7&8 Step back on right, step left next to right, step forward on right

## HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, COASTER STEP,

- 1&2& Dig left heel forward, step left next to right, dig right heel forward, step right next to left  
3&4 Rock forward on left, rock back on right, step back on left  
5&6 Step back on right, step left next to right, step back on right  
7&8 Step back on left, step right next to left, step forward on left,

## RIGHT SIDE ROCK, CROSS ROCK, CHASSE, BACK ROCK, SIDE ROCK, WEAVE,

- 1&2& Rock right out to right side, recover on to left, cross rock right over left, recover on to left  
3&4 Step right to right side, step left next to right, step right to right side  
5&6& Cross rock back on left, recover on to right, side rock left on left, recover on to right  
7&8 Cross step left behind right, step right to right side, cross step left over right

## RIGHT SIDE ROCK & CROSS, LEFT SIDE ROCK & CROSS, STEP ½ PIVOT STEP, TRIPLE FULL TURN

- 1&2 Side rock on right to right side, recover on to left, cross step right over left  
3&4 Side rock on left to left side, recover on to right, cross step left over right  
5&6 Step forward on right, pivot ½ turn left, step forward on right  
7&8 Triple full turn right traveling forward on left, right, left

## MAMBO FORWARD, SYNCOPATED BACK LOCK STEP, STEP BACK, CROSS ¼ TURN & HEEL

- 1&2 Rock forward on right, rock back on left, step back on right  
3&4 Step back on left, lock step right in front of left, step back on left,  
&5-6 Lock step right in front of left, step back on left, step back on right  
7&8 Cross step left over right, turn ¼ left stepping back on right, dig left heel forward  
& Step left next to right

## FORWARD ROCK, BACK ROCK

- 1-4 Rock forward on right, rock back on left, rock back on right, rock forward left

## REPEAT

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