

Before I Fall In Love

Compte: 32

Mur: 2

Niveau: Intermediate / Advanced



Chorégraphe: Sophitia Christiansen (DK) - July 2009

Musique: Before I Fall In Love - CoCo Lee : (Runaway Bride: Music From The Motion Picture - 1999)

Intro: 16 counts

S1: Sweep And Behind, Side, Forward, Drag, Nightclub Step, ¼, Side Rock, Recover ¼, ½, ¼, Side Long Step

- 1&2& Sweep right out to right step right behind left, left to left, long step forward on right, drag left slowly towards right
- 3&4& Make a long left step to left, step on ball of right beside left, left across right, right back to ¼ turn left
- 5&6-7&8 Side rock on left, recover onto right making a ¼ right turn, left forward to ½ turn right, right back to ¼ right turn, make a long left step to left with right toes dragging towards left

On Wall 3, change weight to left on "&" count after count 6. Restart facing front.

S2: Rock Back, Recover, ¼, ½, ¼ Touch, Dip & Slide Right, 1¼ Triple Turn, Recover, Back, ½, ¼ Sweep

- 1&2& Rock right behind left, recover onto left, right back to a ¼ turn left, left back to ½ turn left
- 3&4 Touch right toes beside to a ¼ turn left, dip down slowly as you slide right toes out slowly to side right
- 5&6 Step right to ¼ right, left forward to ½ turn right, right back ½ turn right (This will travel right)
- 7&8& Recover onto left, right back, left back to ½ turn left, sweep right to ¼ left to across left

S3: Cross, Side, Kick, Step, Twinkle ½, Touch, Sweep, Behind, Side, Forward Slide, ¼ Hitch Turn, Twinkle ½

- 1&2& Step right across left, left to left, kick right to diagonal right, right beside left
- 3&4&5 Step left across right, right to ¼ turn left, left back ¼ turn left, touch right beside left, sweep right forward to back
- 6&7 Step right behind left, small left step to left, slide forward on right,
- &8&1 Hitch left to ¼ right, left across left, right to ¼ left, left to ¼ turn left side

S4: Mambo Back, Forward, Spiral Full Turn, Press, Recover, ½, ½ Turn Spin, Back Long Step

- 2&3&4 Rock right back, recover onto left, right forward, forward left, make a spiral full turn right
- 5&6&7&8 Press right to right diagonal, recover onto left, step right to ½ turn right, spin ½ turn right on right bringing left toe to touch beside right), slide left back dragging right toes to left