

# Chasing Pavements

拍数: 0                      墙数: 0                      级数: Phrased Intermediate  
编舞者: Shaz Walton (UK) - April 2008  
音乐: Chasing Pavements - Adele



Sequence: A:B:A:B:A:A (4 Count Tag) B

Count in: 30 Counts From 1st Lyrics On the lyrics "If I Tell the world"

## PART A:

**Side. Rock. Recover. Sweep. Cross. Back. Drag. Back. Back. Forward.  $\frac{3}{4}$  rhonde. Touch.**

- 1-2&                      Step left to left side. Rock back on right. Recover on left  
3                              Sweep right from behind left in front of right.  
4&5                      Cross step right over left. Step back left. Step right a big step back dragging left up to right.  
6&7                      Step back left. Step back right. Step forward left. (prep)  
8                              Make a  $\frac{3}{4}$  turn left on the ball of left foot with right leg lifted and bent at the knee touching right to ride side.

**Side .Rock. Recover. Side. Rock. Recover Recover.  $\frac{1}{4}$  right.  $\frac{1}{2}$  right. Ball lock steps forward.**

- 1&2                      Step right to right. Rock left behind right. Recover on right (sway upper body gracefully)  
3&4                      Step left to left. Rock right behind left. recover on left. (sway upper body gracefully)  
5&                              Step right  $\frac{1}{4}$  turn right. Make  $\frac{1}{2}$  turn right stepping back on left.  
6&7                      Raise up on to balls of feet- stay on balls of feet as you: Step right forward. Lock left behind right. Step right forward. (All very small steps)  
&8&                      Lock left behind right. Step right forward. Step left behind right (small steps) weight now on left.

**Back/low kick. Step.  $\frac{1}{4}$  point.  $\frac{1}{4}$  back. Reverse sweeps x2. Rock back. Recover.  $\frac{1}{2}$  right.**

- 1-2                      Step back on right as you bend right knee & low kick with your left. Step left forward.  
3-4                      Make  $\frac{1}{4}$  left as you touch right to right side. Make  $\frac{1}{4}$  right as you step right back.  
5-6                      Sweep left foot from front to back (weight on left) sweep right foot from front to back (weight on right)  
7&8                      Rock back on left. Recover on right. Make  $\frac{1}{2}$  right bending knees & bringing feet together.

## PART B:

**Side. Rock. Recover. Side. Rock. Recover (1/8th) lunge. Recover. Full turning cross shuffle.**

- 1-2&                      Step right to right side. Rock left behind right. recover on right.  
3-4&                      Step left to left side. Rock back on right. recover on left.  
5-6                      Make 1/8th turn to diagonal as you lunge gracefully forward. recover onto left  
&7&8 &                      step right beside left. Making a full turn right with legs crossed at all times step left-right-left-right (you will finish straight with left crossed over right & weight on right foot)

**Side. Rock. Recover.  $\frac{1}{2}$  . rock. Recover. Sway. sway.**

- 1-2&                      Step left to left side. Rock back on right. Recover on left.  
3-4&                      Make  $\frac{1}{2}$  turn left stepping back right. Rock back left. Recover on right.  
5-6                      Step left to left as you sway- left- right (weight ends on right)

**Rocking chair. Step. Lock. Sweep. Sailor step. Lock. Step. Touch**

- 1&2&                      Rock forward on left. Recover on right. Rock back on left. Recover on right.  
3-4                      Step forward on left. Lock right tightly behind left as you start to sweep left.  
5&6                      Continue the sweep & make a sailor step – left behind. Right side. Step left forward.  
&7                              Lock right behind left. Step left forward.  
8                              Make a graceful  $\frac{1}{4}$  turn right as you touch your right forward.

**Side. Ball step. Side. Ball. Step**

- 1-2& Step right a big step to right. Step the ball of your left beside right. Step the ball of your right beside left.
- 3-4& Step left a big step to left. Step the ball of your right beside left. Step the ball of your left beside right.

**(Let your upper body flow with the music & movement, let your arms sway in time too)**

**Side. Cross rock. Recover. ¼. Full turn forward. Step. ½ turn. Step. Full turn forward.**

- 1-2& Step right to right side. Cross rock left over right. Recover on right.
- 3-4& make ¼ left stepping left forward. Make ½ turn left stepping back right. Make ½ left stepping left forward.
- 5-6& Step right forward. Step left forward. Make ½ pivot turn right.
- 7-8& Step left forward. make ½ turn left stepping back right. make ½ turn left stepping left forward,

**Walk. Walk. Mambo touch. Back. Cross. Back (lift). Back. Cross. Back. (lift)**

- 1-2 Walk forward right. Walk forward left.
- 3&4 Rock forward right. Recover on left. Touch right beside left.
- 5&6 Step right back to diagonal. Cross step left over right. Step right back to right diagonal as you lift you left leg
- 7&8 Step left back to diagonal. Cross step right over left. Step left back to left diagonal as you lift your right leg

**(Keep counts 5-8 smooth & let your upper body sway in time to the music.)**

**Sway. Sway. Sway. Recover. Hinge ½ turn right.**

- 1-2 Sway right to right. Sway to left.
- 3&4 step right to right as you sway to right. Recover on left. Make ½ turn right as you step right to right side.

**TAG: 4 counts:**

**Prissy walks/ ½ turn right. prissy walk**

- 1-2-3-4 Cross step right over left. Cross step left over right. Make ½ pivot turn right. cross step left over right.
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