

# On The Sesh

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Micaela Svensson Erlandsson (SWE) - November 2021  
音樂: On the Sesh (feat. The Tumbling Paddies) - Derek Ryan



Intro: 8 Counts

**Section 1: Side Rock. Cross Shuffle. Side Rock. Cross Shuffle.**

1-2            Rock right. Recover onto left.  
3&4           Cross right over left. Step left to left side. Cross right over left.  
5-6            Rock left. Recover onto right.  
7&8            Cross left over right. Step right to right side. Cross left over right.

**Section 2: Side Rock. Sailor Step. Touch. Unwind ½ left. Kick Ball Step.**

1-2            Rock right. Recover onto left.  
3&4            Cross right behind left. Rock left to left side. Recover onto right.  
5-6            Touch left toes back. Unwind ½ Left (weight remains on left foot).  
7&8            Kick right foot forward. Step right in place. Step forward on left.

**Restart here: Wall 3 (Facing 6 O'clock)**

**Section 3: Heel & Heel & Point. Hold & Clap x 2. & Heel & Heel & Point. Hold & Clap x 2.**

1&            Touch right heel forward. Step right in place.  
2&            Touch left heel forward. Step left in place.  
3&4&          Point right to right side. Hold and Clap twice. Step right in place.  
5&            Touch left heel forward. Step left in place.  
6&            Touch right heel forward. Step right in place.  
7&8&          Point left to left side. Hold & Clap Twice. Step left in place.

**Section 4: Rock Step. Shuffle ½ Turn Back. Rock Step. Shuffle ½ Turn Back.**

1-2            Rock forward on right. Recover onto left.  
3&4            Shuffle ½ Turn back over your right shoulder stepping right, left, right.  
5-6            Rock forward on left. Recover onto right.  
7&8            Shuffle ½ Turn back over left right shoulder stepping left, right, left.

**Tag: After Wall 1 (Facing 6 O'clock) & After Wall 4 (Facing 12 O'clock)**

**Restart: On Wall 3, after section 2 ( Facing 6 O'clock)**

**Tag: Full Turn Forward (Easy Option: Two walks forward)**

1-2            Make a Full Turn forward over your left shoulder stepping right, left.

**Ending: Step forward on right .Turn ½ left. Step forward on right to end facing the front wall.**