

# Choke

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Rhoda Lai (CAN) - June 2023  
音樂: Choke - Royal & the Serpent



Intro: 8 counts Sequence: AAB AAB AA(27)Ending

## Section A

### S1 R Scissors Step, L Side Rock Cross, R Forward Rock, R Back Lock

123            Step R to R side, step L beside R, cross R over L  
4&5            Rock L to L side, recover onto R, cross L over R  
67             1/8 R Rock forward R, recover onto L (1:30)  
8&             Step back R, lock L over R

### S2 R Back, 1/2 L, 3/8 L, L Cross Shuffle, "E" Bumps 1/4 L

123            Step back R, 1/2 L stepping forward L, 3/8 L stepping R to R side (3:00)  
4&5            Cross L over R, step R to R side, cross L over R  
6&7&          Lift R hip up and to the R, return to center, bump R hip to R leveling with L hip, return to center  
8               1/4 L bumping R hip and sitting onto R while popping L knee

### S3 Walk Forward L R, L Lock Shuffle, R Forward Rock, Recover-Sweep, R Sailor 1/4 R

12             Walk forward L, walk forward R  
3&4            Step forward L, step R behind L, step forward L  
56             Rock forward R, recover onto L sweeping R from front to back  
7&8            1/4 R stepping R behind L, step L to L side, step R to R side (3:00)

### S4 L Cross, 1/4 L, 1/4 L Side Chasse, R Kick Out Out In In, Knee Pops

12             Cross L over R, 1/4 L stepping back R (12:00)  
3&4            1/4 L stepping L to L side, step R beside L, step L to L side (9:00)  
5&6            Kick R forward, step R out to R side, step L out to L side  
&7&8          Step R in towards L, step L beside R, raise both heels, drop heels ending weight on L

## Section B (clock reference based on the first B which starts at 6:00)

### S1 R Forward, Hitch L, L Back, R Back Rock, R Pivot 1/2 L, R Pivot 1/4 L

123            Step R forward, bend R knee while hitching L and bringing L foot behind R shin, step L back (6:00)

(Optional count 2: pretend to grab your neck with both hands to match the word 'choke' in the lyrics)

4&             Rock back R, recover onto L  
5678          Step forward R, pivot 1/2 L, step forward R, pivot 1/4 L (9:00)

### S2 R Side, Flick L, L Side, R Back Rock, 1/4 R, L Pivot 1/2 R, L Step Forward

123            Step R to R side, flick L behind R, step L in place  
(Optional count 2: pretend to grab your neck with both hands tilting upper torso to R to match the word 'choke' in the lyrics)  
4&5            Rock back R, recover onto L, 1/4 R stepping forward R (12:00)  
678            Step forward L, pivot 1/2 R, step forward L (6:00)

### S3 R Dorothy, L Dorothy, R Dorothy, L Forward Rock

12&            Step R to R diagonal, step L behind R, step forward R  
34&            Step L to L diagonal, step R behind L, step forward L  
56&            Step R to R diagonal, step L behind R, step forward R  
78             Rock forward L, recover onto R

**S4 L Shuffle ½ L, R Pivot ¼ L, R Jazz Box**

1&2                ¼ L stepping forward L, step R beside L, ¼ L stepping forward L (12:00)

34                 Step forward R, pivot ¼ L (9:00)

5678              Cross R over L, step back L, step R to R side, cross L over R

**Ending: During the 2nd section of the last A, slow down in footwork when the music slows down. After count 27, pretend to grab your neck with both hands to match the word 'choke' in the lyrics (12:00)**

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