The Dance

Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Darren Bailey (UK) - March 2025

Music: The Dance (Apple Music Sessions) - Koe Wetzel : (Apple Music Sessions)

Intro: 20 Counts, Start on the word 'Back', roughly 20 seconds

Restart: Wall 3 after 8 counts (with step change)

Rock back, Recover, 3/4 turn L, Cross, Side, Back rock, Recover, 1/2 turn L, L NC Basic

1-2&3	Step back on RF and look over R shoulder, Recover onto LF, Make a 1/2 turn L, Make a 1/4 turn L and step LF to L side
4&5	Cross RF over LF, Step LF to L side, Rock back on RF
6&7	Recover onto LF, Make a 1/4 turn L and step back on RF, Make a 1/4 turn L and take a big step to L with LF
8&	Close RF next to LF, Cross LF over RF

Restart*Wall number 3 Restart the dance after the first 8 counts.**
You will need to Touch RF next to L on count 8 ready to step back to start the dance again
****you will be facing 3:00 when you restart the dance.**

Sway x3, 3/4 L Run around with walks

1-2-3	Step RF out to R side and sway to R, Sway L, Sway R
4&5	Step LF across body towards 10:30, Step forward of RF towards 9:00, Step forward on LF towards 7:30
6-7	Step forward on RF towards 6:00, step forward on LF towards 4:30
8&	Step forward on RF towards 3:00, make a 1/4 turn L and Cross LF over RF

R NC Basic, 1 1/2 turn R with Arabesque, Cross rock with lower, Sweep, Sailor step

1-2&3	Take a big step to R with RF, Close LF next to RF, Cross RF over LF, Make a 1/4 turn R and step back on LF
4&5	Make a 1/2 turn R and step forward on to RF, Make a 1/2 turn R and step back on LF, Make a 1/4 turn R and step RF to R side (extending Left Leg out to Left side, slightly of the floor)
6-7	Cross Rock LF over RF and lower slightly through both knees, Straighten legs and recover onto RF sweeping LF from front to back.
8&	Cross LF behind RF, Step RF to R side

Finish sailor step, 1/4 diamond turning R, Chase 1/2 turn L, Rock, Recover, Run back

1-2&3	Make a 1/8 turn L and step forward on LF, Cross RF over LF, Make a 1/8 turn R and step LF to L side, Make a 1/8 turn L and Step back on RF
4&5	Make a 1/8 turn R and Cross LF behind RF, Step RF to R side, Step forward on LF
6&7&	Step forward on RF, Make a 1/2 turn L, Rock forward on RF, Recover onto LF
8&	Step back on RF, Step back on LF

You can dance right through the instrumental section at the end.