

# Bible And The Belt

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Darren Bailey (UK) & Lana Williams (UK) - July 2010

**Music:** The Bible And The Belt - Bucky Covington



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## Walk R, L, Syncopated Touch And Step, 1/4 Turn R, Cross Shuffle

- 1-2 Step Rf forward, Step Lf forward
- &3 Step forward on Rf, touch Lf forward (turning body slightly to face 1:30)
- &4 Close Lf next to Rf (squaring body upto 12:00), step forward on Rf
- 5-6 Step forward on Lf, make a 1/4 turn R and step Rf to R side
- 7&8 Cross Lf over Rf, step Rf to R side, cross Lf over Rf

## 1/4 Turn, 1/2 Turn, R Shuffle Forward, Touches Forward And Back With Lean X2

- 1-2 Make a 1/4 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf
- 3&4 Step forward on Rf, close Lf next to Rf, step forward on Rf
- 5-6 Touch Lf forward (Lean back slightly for style), touch Lf diagonally back L
- 7-8 Touch Lf forward (Lean back slightly for style), step back on Lf

## Back Steps With Heel Flicks, Rock To R, Syncopated Change, Rock To L

- 1& Step back on Rf, flick L heel back
- 2& Step back on Lf, flick R heel back
- 3& Step back on Rf, flick L heel back
- 4& Step back on Lf, flick R heel back
- 5-6& Rock Rf to R side, recover onto Lf, close Rf next to Lf
- 7-8& Rock Lf to L side, recover onto Rf, close Lf next to Rf

## 1/2 Turn L, 1/4 Turn L With Touch, 1/2 Turn L With Touch, Crosss, Back, Back, Crosss, Back, Flick

- 1-2 Step forward on Rf, make a 1/2 turn L
- 3-4 Make a 1/4 turn L and touch Rf to R side, make a 1/2 turn L and touch Rf to R side
- 5&6& Cross Rf over Lf, step back on Lf, step Rf to R side, Kick Lf forward
- 7&8 Cross Lf over Rf, step back on Rf, close Lf next to Rf and at the same time flick Rf forward

**RESTART:** On wall 5 start again after first 16 counts (2 sections).

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