Count: 32
Wand: 4
Ebene: Intermediate
Choreograf/in: Craig Bennett (UK) \& Niels Poulsen (DK) - December 2014
Musik: High - James Blunt : (iTunes)

Intro: Start after 16 counts (app. 12 secs into track). Weight on L.

## Restart: On wall 7, starts facing 6:00, after 16 counts. See note below Ending: See description below

[1-8] Fwd R Sweep, Cross, Side Rock Cross, Side L, R Diagonal Back Rock, 3/8 L, 1/2 L, Fwd R
1-2 Step fwd on $R$ sweeping $L$ fwd and also turning body slightly $R(1)$, cross $L$ over $R(2)$ 12:00
3\&4\& $\quad$ Rock $R$ to $R$ side (3), recover on $L$ (\&), cross $R$ over $L$ (4), step $L$ to $L$ side (\&) 12:00
5-6 Turn 1/8 R rocking back on $R(5)$, recover fwd $L$ (6) 1:30
$7-8 \& \quad$ Turn 3/8 L stepping back on $R(7)$, turn $1 / 2 L$ stepping fwd on $L(8)$, step fwd on $R(\&) 3: 00$
[9 - 16] L Rock Fwd, L Coaster Cross, Side R, Up ½ L Sweep, \& R Cross Rock, Side R, Cross
1-2 Rock fwd on $L$ (1), recover back on $R(2)$ 3:00
3\&4\& Step back on $L$ (3), step $R$ next to $L(\&)$, cross $L$ over $R(4)$, step $R$ to $R$ side (\&) 3:00
$5 \quad$ Turn $1 / 2 L$ on $R$ swinging/sweeping $L$ to $L$ side AND also going up on toes of $R$ at the same time (5) ... hit that beat. [9:00
\&6-7 Step quickly down on $L(\&)$, cross rock $R$ over $L(6)$, recover back on $L$ (7) 9:00
8\& $\quad$ Step $R$ to $R$ side (8), cross $L$ over $R(\&)$ 9:00
[17-25] R Side Rock, Cross, Rock \& Roll Full Turn R, Lunge R, Point L, 1 /4L Running L R L
1-3 Rock $R$ to $R$ side (1), recover on $L$ (2), cross $R$ over $L$ (3) 9:00
4\&5 Rock $L$ to $L$ side (4), turn $1 / 4 R$ stepping fwd on $R(\&)$, turn $1 / 2 R$ stepping back on $L$ (5) 6:00
6-7
Turn $1 / 4 R$ lunging $R$ to $R$ side (6), point $L$ to $L$ side (7) 9:00
8\&1 Turn $1 / 4 L$ running fwd on $L$ (8), run fwd on $R(\&)$, run fwd on $L$ (1) (or do a $L$ full turn on \&1)

- Styling for the 3 runs: try not to turn that $1 / 4 L$ in your upper-body too early. Delay the $1 / 4$ turn finishing it when you do your last run fwd on $L$ [6:00]
[26-32] R Rock Fwd, R Back Lock Step, $1 / 4$ L Side L, Point R/Prep, Roll Full Turn R
2-3 Rock fwd on R (2), recover back on $L$ (3) 6:00
4\&5 Step back on $R$ opening body up to $R$ side (4), lock $L$ over $R(\&)$, step back on $R(5)$ 6:00
6-7 Turn $1 / 4 L$ stepping $L$ to $L$ side (6), point $R$ to $R$ side (7) 3:00
8\& (1) Turn $1 / 4 R$ stepping fwd on $R(8)$, turn $1 / 2 R$ stepping back on $L$ (\&), turn $1 / 4 R$ stepping $R$ to $R$ side and sweeping $L$ fwd (1) 3:00


## Start again

Ending: Your last wall is wall no. 10, starts facing 12:00. To end facing 12:00 do until count 23
(now facing 9:00). Then do a $3 / 4$ run around $L$ running $L R L$ ending with a $R$ sweep fwd 12:00
Restart: On wall 7 which starts facing 6:00. Do up to count 7 (recovering back on $L$ from your rock step); Rather than doing side $R \&$ cross you turn $1 / 4 R$ stepping fwd on $R(8)$ and $L$ (\&). This means you Restart facing [6:00]

