Us Against The World

Ebene: Intermediate

Choreograf/in: Val O'Connor (UK) - March 2008

Musik: Us Against the World - Westlife : (Album: Back Home)

INTRO: 16 COUNTS (16 SECS)(BPM 119) START DANCE ON THE WORD "I"

CROSS, ½ LEFT CROSS, L SIDE ROCK ¼ RIGHT, STEP, FULL TRIPLE LEFT, ROCK ,1/4 LEFT, STEP Cross left over right, turn 1/4 left stepping back on right, turn 1/4 left stepping left to left 1 - 283side, cross right over left. [6] 4&5 Rock onto left to left side, turn ¼ right stepping onto right, step forward on left. [9] 6&7 Turn $\frac{1}{2}$ left stepping back on right, turn $\frac{1}{2}$ left stepping forward on left, step forward onto right [9] option Right shuffle forward. &8&1 Rock forward onto left (&), recover weight on right (8), turn ¹/₄ left stepping onto left (&), step forward on right (1). [6 o clock] CROSS BACK TURN, CROSS ROCK SIDE, SMALL ROCKS, LEFT LOCK STEP 2&3 Cross left over right, step back on right, turn ¼ left stepping left to left side. [3] 4&5 Cross rock right over left, recover weight onto left, step right to right side. [3] 6&7& Small rock back onto left (6), recover weight onto right (&), repeat rocks. [3] Step forward on left (8), lock right behind left (&), step forward onto left at same time start to 8&1 sweep right (1). [3 o clock] WEAVE, LEFT BACK LOCK, FULL TRIPLE RIGHT BACK, SIDE ROCK CROSS, STEP BACK 2&3 Cross right over left, step left to left side, cross right behind left at same time start to sweep left. [3] 4&5 Step back on left, lock right in front of left, step back on left. [3] 6&7 Turn ½ right stepping forward on right, ½ right stepping back on left, ½ right stepping forward on right [9] option: ½ Right shuffle turn. &8&1 Rock left to left side (&), recover weight on right (8), cross left over right (&), step back on right (1). [9] BACK, BACK, 1/2 TURN, ROCK ¼ RIGHT, ½ RIGHT STEP BACK, ¼ RIGHT SWAY, SWAY, STEP 2&3 Step back on left, step back on right, turn 1/2 left stepping forward on left. [3] 4&5 Rock forward onto right, recover weight onto left, turn ¹/₄ right stepping forward onto right. [6] 6-7-8-& Turn $\frac{1}{2}$ right stepping back on left (6), turn $\frac{1}{4}$ right swaving onto right (7), swav onto left (8), quick step right to right side (&). START AGAIN

TAG: AT THE END OF WALL 2 (FACING 6 O CLOCK)

CROSS, SIDE ROCK CROSS, SIDE ROCK

- 1-2&3 Cross left over right, rock onto right to right side, recover weight on left, cross right over left. [6]
- 4& Rock onto left to left side, recover weight onto right. [6]

Restart from the beginning

RESTART: DURING 5TH WALL (2ND TIME FACING THE FRONT), Dance upto counts 16& (left lock) then on count one cross left over right and restart from the beginning.[3]

OPTION TO END DANCE: Dance first 1-2&3 then sweep left over right and step own on left and unwind ³⁄₄ turn right slowly.





Count: 32

Wand: 4

ENJOY, VAL X THIS DANCE IS DEDICATED TO MY DANCE INSTRUCTORS / FRIENDS MYRA AND SARAH FOR MAKING MY BIRTHDAY SUCH A MEMORABLE OCCASION, AND FOR THE TICKETS TO SEE WESTLIFE. X