|  |  |
| --- | --- |
| Choke |  |

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| **Count:** | 40 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Marja Urgert (NL) & Jan Van Tiggelen (NL) - July 2018 |
| **Music:** | Choke - Sheppard |
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**Intro: 16 Counts**

**Sec 1: Rock Fwd, Recover, & Heel & Heel &, Rock Fwd, Recover, 1/4 Turn L Step To L Side, Cross-Side-Behind, & Step To L Side**

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| --- | --- |
| 1-2 | RF. Rock fwd - LF. Recover |

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| --- | --- |
| &3&4& | RF. Step together - LF. Dig heel fwd - LF. Step together - RF. Dig heel fwd - RF. Step together |

|  |  |
| --- | --- |
| 5-6 | LF. Rock fwd - RF. Recover |

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| --- | --- |
| &7&8& | LF. 1/4 Turn L step L side - RF. Cross over LF - LF. Step L side - RF. Cross behind LF - LF. Step L side (9:00) |

**Sec 2: Cross Rock, Recover, & Step To R Side, Touch, & Step To L Side, Touch, Back Rock, Recover, & Step Together, Shuffle Fwd**

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| --- | --- |
| 1-2 | RF. Cross rock over LF, LF. Recover |

|  |  |
| --- | --- |
| &3&4 | RF. Step R side - LF. Touch toe beside RF - LF. Step L side - RF. Touch toe beside LF |

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| --- | --- |
| 5-6& | RF. Rock back - LF. Recover - RF. Step together |

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| --- | --- |
| 7&8 | LF. Step fwd - RF. Step together - LF. Step fwd |

**Sec 3: Stamp Out To R Side x3, Twist LF Next To RF with a Hitch, L Dorothy Step, Step-Lock-Step Diagonal R**

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| --- | --- |
| 1&2 | RF. Stamp to R side x3 (feet go apart) |

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| --- | --- |
| 3&4 | LF. Turn heel to R - LF. Turn toes to R - LF. Hitch L-knee |

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| --- | --- |
| 5-6& | LF. Step diagonaal L fwd - RF. Lock behind LF - LF. Step together |

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| --- | --- |
| 7&8 | RF. Step diagonal R fwd - LF. Lock behind RF - RF. Step diagonal R fwd (9:00) |

**\*\*Restart here: in wall 3 and wall 7\*\* Before you start again step first LF next to RF**

**Sec 4: Rock Fwd, Recover, Shuffle 1/2 Turn L, Shuffle 1/2 Turn L, Sailor 1/4 Turn L**

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| --- | --- |
| 1-2 | LF. Rock fwd - RF. Recover |

|  |  |
| --- | --- |
| 3&4 | Shuffle 1/2 turn L stepping L,R,L (3:00) |

|  |  |
| --- | --- |
| 5&6 | Shuffle 1/2 turn L stepping R,L,R (9:00) |

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| --- | --- |
| 7&8 | LF. 1/4 Turn L cross behind RF - RF. Step beside LF - LF. Step fwd (6:00) |

**Sec 5: Behind, 1/4 Turn L, & Out Out & In In, Step Fwd, Touch, Coaster Step**

|  |  |
| --- | --- |
| 1-2 | RF. Cross behind LF - LF. 1/4 Turn L step fwd (3:00) |

|  |  |
| --- | --- |
| &3&4 | RF. Step diagonaal fwd (out) - LF. Step L side (out) - RF. Step to center (in) - LF. Step together |

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| --- | --- |
| 5-6 | RF. Step fwd - LF. Touch toe beside RF |

|  |  |
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| 7&8 | LF. Step back - RF. Step together - LF. Step fwd |

**Start Again**

**Restart: in the 3rd (3:00) and the 7th wall after count 24 (9:00)**

**Dance up to count 24, count 8 of the 3rd block, then do**

|  |  |
| --- | --- |
| & | LF. Step together, and restart the dance |

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