

Sangria Lite

Count: 64

Wall: 2

Level: Improver

Choreographer: Lisa McCammon (USA) - May 2015

Music: Sangria - Blake Shelton : (CD: Bringing Back The Sunshine;)



Sequence: 64, 24 (R), 64, 24 (R), 64, 24 (R), 64, 64*;
#32 count intro - start with weight on L (all Restarts occur at 12:00)

NOTE TO INSTRUCTORS: There are only three common triple step combinations in the entire dance, but I've included straight count options with holds. These steps should be familiar to improver dancers, and the restarts are easy to hear.

[1-8] □ BUMP R, R, L, L, BASIC R, TOUCH L

1-4 Stepping slightly to right, bump hips R twice, bump hips L twice
5-8 Step R to side, step L next to R, step R to side, touch L home

[9-16] □ BUMP L, L, R, R, SIDE L, BASIC L, TOUCH R

1-4 Stepping slightly to left, bump hips L twice, bump hips R twice
5-8 Step L to side, step R next to L, step L to side, touch R home

[17-24] □ STEP, TOUCHES IN PLACE TURNING LEFT ½ TOTAL

1-4 Step R to side, touch L home, turn left ¼ [9] stepping L, touch R home
5-8 Step R to side, touch L home, turn left ¼ [6] stepping L, touch R home

***Restarts occur here during the 2nd, 4th, and 6th repetitions; you will be facing front wall

[25-32] □ RUMBA BOX

1-4 Step R to side, step L next to R, step R forward, draw L toward R
5-8 Step L to side, step R next to L, step L back, draw R toward L

[33-40] □ RUMBA BOX

1-4 Step R to side, step L next to R, step back R, draw L toward R
5-6 Step side L, step R next to L, step forward L, draw R toward L

[41-48] □ ROCK FORWARD, RECOVER, CHASSE RIGHT ¼, WEAVE RIGHT

1-2 Rock R forward, recover L
3&4 Turn right ¼ [9] stepping side R, step L next to R, step R to side
(beginner option 3-4: turn right ¼ [9] stepping side R, HOLD)
5-8 Cross step L over R, step R to side, step L behind R, step R to side

[49-56] □ CROSS ROCK, RECOVER, CHASSE LEFT ¼, ROCKING CHAIR

1-2 Cross rock L over R, recover R
3&4 Step L to side, step R next to L, turn left ¼ [6] stepping forward L
(beginner option 3-4: turn left ¼ [6] stepping forward L, HOLD)
5-8 Rock forward R, recover L, rock back R, recover L

[57-64] □ FORWARD ROCK, RECOVER, BACK, SWEEP, BEHIND, SIDE, CROSS-&-CROSS

1-4 Rock forward R, recover L, step back R, sweep L front to back
5-6 Step L behind, step R to side
7&8 Cross step L over R, step R to side, cross step L over R
(beginner option 7-8: cross step L over R, HOLD)

*Ending: there's a strongish single beat after the last set of 64. You're at the front wall and have just done your cross-&-cross in the last set. You can either step R to side on that beat for a big finish, or you can continue through the first 16 counts of the dance as the music fades.

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