

# Autumn

Count: 32 Wall: 4 Level: NC2S

Choreographer: Fred Whitehouse (Ireland) Dec. 2015

Music: Autumn by Paolo Nutini (These Streets album)



## Intro – 8 Counts (7 seconds)

### [1 – 8] Lunge, 1 ¼ turn with sweep, ½ turn hitch, full spiral with sweep, run back x3

- 1,2 Rock RF to R side (bend R knee as you lunge), Recover onto RF making ¼ turn L (9.00)
- &,3 ½ turn L stepping RF back, ½ turn L stepping LF forward sweeping RF from back to front (9.00)
- 4,& Cross RF over L, ¼ turn R stepping LF back (12.00)
- 5 ¼ turn R stepping RF to R side at same time hitch L knee up (LF should be flat against inside of R knee) Arms : Throw both arms like you are lifting a box from the bottom making a circle anti clockwise, this should happen the same time as you step RF to R, all on count 5.
- 6,7 Cross LF over R, unwind full turn R as you ronde RF from front to back (this should leave you facing diagonal 4.30) weight on LF (sweep RF if you do no wish to ronde)
- 8&1 Run back R,L,R still facing 4.30 (as you place weight on RF look over R shoulder)

### [9 – 16] Sway x3, knee sways x3, hitch, weave, spiral, basic

- 2&3 Sway weight onto LF (looking forward 4.30), sway weight back onto RF (look over R shoulder) place weight onto LF as you throw both hand forward (both hands should be thrown from shoulders upward and bring them down in front of you)
- 4&5 Bring R knee over L knee, bring R knee back to R opening R hip, bring R knee over L knee hitching R knee. (RF should be off the floor, this will feel like fast kicks but more with the knee to soften the movement, knee swings, on count 5 you will hitch R knee and bring it from front to back) facing 4.30
- 6&a Step RF behind LF, square up to 3.00 stepping LF to L, cross RF over L unwind full turn L weight goes on RF (this full turn happens on the A' count)
- 7,8& Step LF to R side, close R behind L, cross LF over R (3.00)

### [17 – 24] Monterey point, spiral, sweep, weave, sweep, weave, cross rock recover, side step, spiral

- 1,2 Point RF to R side, make full spiral turn R keeping weight on L
- 3,4 Step RF forward as you sweep LF from back to front, cross LF over R
- &5 Step RF to R side, cross LF behind R as you sweep RF from front to back
- 6&7 Cross RF behind L, step LF to L, cross rock RF over L (face diagonal 1.30)
- 8&1 Recover onto LF, step RF to R side, cross LF over R making full turn spiral R (facing diagonal 4.30)

### [25 – 32] Pique turn x2, sweep, run x2, lounge forward, back sweep x2, run back x2, (½ turn R)

- 2&3 Step RF forward hitching L knee up, ½ turn R stepping LF back hitching R knee up, ½ turn R stepping RF forward as you sweep LF from back to front ( facing 4.30) "pique turns" with a sweep.
- 4&5 Step forward L, step forward R, lounge forward with LF (soften LF knee, throw both hands up in front to 4.30, you will bring the arms down on next count)
- 6,7 Recover weight onto RF sweeping LF from front to back, step LF back sweeping RF from front to back (on count 7 throw hands forward like you are hugging fresh air)

8& Run back R,L (pulling arms into chest as you bow your head with feeling)

**NOTE: On the last count you will be facing the diagonal wall 4.30 to start the dance again you will need to make a ½ turn R as you Rock RF to R side, this will become a lounge movement. You should now be facing 9.00 to start new wall**

**A little tip for people who are willing to try this dance, If you hold on to the 'odd' counts in the dance, 1,3,5,7 you will feel the music a lot more.**

**Hope you enjoy this dance as much as I do.**

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