The Dance



Count: 16 Wall: 4 Level: Beginner

Choreographer: Tina Argyle (UK) - April 2018

Music: The Dance - Robert Mizzell : (iTunes)



Please note This doesn't dance as well to the Garth Brooks track, at the end it goes out of phrase.

Count In: 20 counts from start of track approx. 20 seconds into the track - start on the lyric "back"

Basic NC Step x2. Basic NC Step 1/4 Turn. Long Step, Behind, Side.

1	Take a long step right to right side
2&	Rock left behind right, recover.
3	Take a long step left to left side
4&	Rock right behind left, recover.

5 Make ¼ turn left taking a long step right to right side (9 o'clock)

Rock left behind right, recover.Take a long step left to left side

8& Cross right behind left, step left to left side

Cross Rock x2. Step ½ Pivot Turn Step. Run Run. (or full turn left,travelling forward over 2 counts)

1 Cross rock right over left

2& Recover weight onto left, step right at side of left

3 Cross rock left over right

4& Recover weight onto right, step left at side of right

5 Step forward right

Step forward left, make ½ right onto right, step forward left (3 o'clock)

8& Run fwd right then left – or make ½ turn left stepping back right, make ½ turn left stepping

fwd left

Tag During wall 5 section 1, make counts 7-8& another NC basic step, then Restart the dance facing 9 o'clock wall

7 Take a long step left to left side 8& Rock right behind left, recover.

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