

Lasting & True

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Count: 32

Wall: 4

Level: Improver

Choreographer: Frank Heelan (IRE) - January 2021

Music: If I Should Fall Behind - Faith Hill



Intro: 32 Counts.

Restart: On wall 6 facing 3.00 dance 28 counts and restart facing 12.00.

Sec 1: Cross rock recover, chasse right, cross side, sailor ¼ turn.

- 1-2 Cross right over left, recover to left.
- 3&4 Step right to right, left together, right to right.
- 5-6 Cross left over right, step right to right.
- 7&8 Turn ¼ left, stepping left behind, recover to right, step left to left. (9.00)

Sec 2: Shuffle forward, pivot ½ pivot ¼, shuffle forward.

- 1&2 Step forward right, left together, forward right.
- 3-4 Step forward left, pivot ½ turn right. (3.00)
- 5-6 Step forward left, pivot ¼ turn right. (6.00)
- 7&8 Step forward left, right together, forward left.

Sec 3: Mambo step, walk back, walk back, coaster cross, side rock cross.

- 1&2 Rock forward right, recover to left, right together.
- 3-4 Walk back left, back right.
- 5&6 Step back left, right together, cross left over right.
- 7&8 Rock right to right, recover to left, cross right over left. (6.00)

Sec 4: Chasse ¼ turn, pivot ½ turn, shuffle ½ turn, back rock side.

- 1&2 Step left to left, right together, turn ¼ left stepping forward left. (3.00)
- 3-4 Step forward right, pivot ½ turn left. (9.00)
- 5&6 Turn ¼ left step right to right, left together, turn ¼ left, stepping back on right. (3.00)
- 7&8 Rock left behind right, recover to right, step left to left

Contact: heelanjohnl@gmail.com