Count: 0
Wall: 0
Level: Phrased Intermediate
Choreographer: Shaz Walton (UK) - April 2008
Music: Chasing Pavements - Adele

## Sequence: A:B:A:B:A:A (4 Count Tag) B <br> Count in: 30 Counts From 1st Lyrics On the lyrics "If I Tell the world"

## PART A:

Side. Rock. Recover. Sweep. Cross. Back. Drag. Back. Back. Forward. $3 / 4$ rhonde. Touch.
1-2\& Step left to left side. Rock back on right. Recover on left
3 Sweep right from behind left in front of right.
4\&5 Cross step right over left. Step back left. Step right a big step back dragging left up to right.
6\&7 Step back left. Step back right. Step forward left. (prep)
8 Make a $3 / 4$ turn left on the ball of left foot with right leg lifted and bent at the knee touching right to ride side.

Side .Rock. Recover. Side. Rock. Recover Recover. $1 / 4$ right. $1 / 2$ right. Ball lock steps forward.
1\&2 Step right to right. Rock left behind right. Recover on right (sway upper body gracefully)
3\&4 Step left to left. Rock right behind left. recover on left. (sway upper body gracefully)
5\& Step right $1 / 4$ turn right. Make $1 / 2$ turn right stepping back on left.
6\&7 Raise up on to balls of feet- stay on balls of feet as you: Step right forward. Lock left behind right. Step right forward. (All very small steps)
\&8\& Lock left behind right. Step right forward. Step left behind right (small steps) weight now on left.

Back/low kick. Step. $1 / 4$ point. $1 / 4$ back. Reverse sweeps $\times 2$. Rock back. Recover. $1 / 2$ right.
1-2 Step back on right as you bend right knee \& low kick with your left. Step left forward.
3-4 Make $1 / 4$ left as you touch right to right side. Make $1 / 4$ right as you step right back.
5-6 Sweep left foot from front to back (weight on left) sweep right foot from front to back (weight on right)
$7 \& 8 \quad$ Rock back on left. Recover on right. Make $1 / 2$ right bending knees \& bringing feet together.

## PART B:

Side. Rock. Recover. Side. Rock. Recover (1/8th) lunge. Recover. Full turning cross shuffle.
1-2\& Step right to right side. Rock left behind right. recover on right.
3-4\& Step left to left side. Rock back on right. recover on left.
5-6 Make 1/8th turn to diagonal as you lunge gracefully forward. recover onto left
\&7\&8 \& step right beside left. Making a full turn right with legs crossed at all times step left-right-leftright (you will finish straight with left crossed over right \& weight on right foot)

Side. Rock. Recover. $1 / 2$. rock. Recover. Sway. sway.
1-2\& Step left to left side. Rock back on right. Recover on left.
3-4\& Make $1 / 2$ turn left stepping back right. Rock back left. Recover on right.
5-6 Step left to left as you sway- left- right (weight ends on right)
Rocking chair. Step. Lock. Sweep. Sailor step. Lock. Step. Touch
1\&2\& Rock forward on left. Recover on right. Rock back on left. Recover on right.
3-4
Step forward on left. Lock right tightly behind left as you start to sweep left.
$5 \& 6 \quad$ Continue the sweep \& make a sailor step - left behind. Right side. Step left forward.
\&7 Lock right behind left. Step left forward.
$8 \quad$ Make a graceful $1 / 4$ turn right as you touch your right forward.

## Side. Ball step. Side. Ball. Step

1-2\& Step right a big step to right. Step the ball of your left beside right. Step the ball of your right beside left.
3-4\& Step left a big step to left. Step the ball of your right beside left. Step the ball of your left beside right.
(Let your upper body flow with the music \& movement, let your arms sway in time too)
Side. Cross rock. Recover. $1 / 4$. Full turn forward. Step. $1 / 2$ turn. Step. Full turn forward.
1-2\& Step right to right side. Cross rock left over right. Recover on right.
$3-4 \& \quad$ make $1 / 4$ left stepping left forward. Make $1 / 2$ turn left stepping back right. Make $1 / 2$ left stepping left forward.
5-6\& Step right forward. Step left forward. Make $1 / 2$ pivot turn right.
7-8\& Step left forward. make $1 / 2$ turn left stepping back right. make $1 / 2$ turn left stepping left forward,
Walk. Walk. Mambo touch. Back. Cross. Back (lift). Back. Cross. Back. (lift)
1-2 Walk forward right. Walk forward left.
3\&4 Rock forward right. Recover on left. Touch right beside left.
$5 \& 6 \quad$ Step right back to diagonal. Cross step left over right. Step right back to right diagonal as you lift you left leg
$7 \& 8 \quad$ Step left back to diagonal. Cross step right over left. Step left back to left diagonal as you lift your right leg
(Keep counts 5-8 smooth \& let your upper body sway in time to the music.)
Sway. Sway. Sway. Recover. Hinge $1 / 2$ turn right.
1-2 Sway right to right. Sway to left.
$3 \& 4$ step right to right as you sway to right. Recover on left. Make $1 / 2$ turn right as you step right to right side.

TAG: 4 counts:
Prissy walks/ $1 / 2$ turn right. prissy walk
1-2-3-4 Cross step right over left. Cross step left over right. Make $1 / 2$ pivot turn right. cross step left over right.

