Unsteady



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Larry Schmidt (USA) - September 2017

Music: Unsteady - X Ambassadors



INTRODUCTION: Start immediately on 1st beat of music. Description of 1st 32 cts. of intro. given for every ½ beat. Last 8 cts of intro. are slow- step on the heavy beats.

Wt. on Right. No Tags or Restarts

i[1-8] TRIPLE FORWARD, ¼ SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, ¼ PIVOT, STEP, HOLD

1&2& Triple forward L-R-L, Sweep right toes left making ½ turn, (9:00)

3&4& Step right across left, Step left foot left, Step right behind left, Sweep left toes behind right,

5&6& Step left behind right, Step right foot right, Step left across right, Hold,

7&8& Rock right onto right, Recover weight to left making ¼ turn left, Step right forward, Hold.(6:00)

i[9-16] TRIPLE FORWARD, HOLD, ROCK, RECOVER, ½ TURN, HOLD, FULL TURN TRIPLE, HOLD, ROCK, RECOVER, SIDE

1&2& Triple forward L-R-L, Hold,

3&4& Rock forward onto right, Recover weight to left, Turn ½ right onto right, Hold, (12:00)

5&6& Triple forward making a full right turn L-R-L, Hold (12:00)

7&8 Rock forward onto right, Recover weight to left, Step right foot right.

i[17-32] REPEAT COUNTS 1-16 adding a final & count

Dance thru count 15& (Rock forward onto right, Recover weight to left) then do:

8& Step right foot right (16), Hold (&)

i[33-40] CROSS, POINT, CROSS, POINT, POINT, POINT, POINT, STEP

Step left across right, Point right toes to right diagonal,
 Step right across left, Point left toes to left diagonal,
 Point left toes across right, Step left foot left,
 Point right toes across left, Step right foot right.

(The music changes for these 8 counts. It's much slower. The steps and points occur on the heavy beats of the music)

MAIN DANCE (Wt. on right)

[1-8] ROCK, RECOVER, SYNCOPATED WEAVE LEFT, ROCK, RECOVER, SYNCOPATED WEAVE RIGHT w/ 1/4 TURN

1, 2 Rock forward onto left foot, Recover weight to right,

&3&4& Step left foot left, Step right across left, Step left foot left, Step right behind left, Step left foot

left,

5, 6 Rock right foot across left, Recover weight to left,

&7&8& Step right foot right, Step left across right, Step right foot right, Step left behind right, Turn 1/4

right stepping forward onto right. (3:00)

[9-16] STEP, ½ PIVOT, PADDLE ½ TURN, BACK, CROSS, BACK, CROSS, BACK, BACK, CROSS, BACK, TOUCH

1, 2 Step left foot forward, Pivot ½ right onto right, (9:00)

3&4& Rock left onto left, Recover weight to right while making ¼ turn right, Turn ¼ right stepping

back onto left, Step right foot back. (3:00)

(For counts 3&4 can substitute a ½ turning triple)

5&6& Step left across right, Step right foot back, Step left across right, Step right foot back, Step left foot back, Touch right toes next to left.

[17-24] STEP, TOUCH w/ ¼ TURN, STEP w/ ¼ TURN, ½ TURN, ½ TURN, STEP, STEP, ¼ TURN, ¼ TURN, SIDE, BEHIND SIDE, CROSS

1, 2 Step right foot forward, Turn ¼ right touching left toes left, (prepping for left turn) (6:00)
3&4& Turn ¼ left onto left, Turn ½ left stepping back onto right, Turn ½ left stepping forward onto

left, Step right foot forward, (3:00)

5&6& Step left foot across right toward right diagonal, turn 1/4 left stepping back onto right, Turn 1/4

left stepping forward onto left, Step right foot right, (9:00)

(For counts 5&6&, don't make this a tight circle, think of going around about a 4 foot circle)

7&8 Step left behind right, Step right foot right, Step left foot across right.

[25-32] SIDE ROCK, ¼ PIVOT, STEP, ¼ PIVOT, CROSS, SIDE, CROSS, SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, SIDE, SWAY LEFT, SWAY RIGHT

1&2& Rock right onto right, Turn ¼ left onto left, Step right foot forward, Pivot ¼ left onto left, (3:00)

3&4& Step right across left, Step left foot left, Step right across left, Step left foot left,

5&6&7 Rock right behind left, Recover weight to left, Step right foot right, Rock left behind right,

Recover weight to right,

&8 Step left foot left swaying hips left, Sway right hips right.

ENDING: The last repetition of the dance starts facing 12:00. Dance thru count 15, you will now be facing 3:00.

On count 16 turn to face 12:00 taking a long step left.

ENJOY!

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