Count: 40
Wall: 4
Level: Improver
Choreographer: Adrian Churm (UK) - September 2018
Music: Choke - Sheppard

## (16 count intro)

Sec 1: Forward, $1 / 4$ turn right, Sailor step, step across, $1 / 4$ turn left, coaster step.
$1-2 \quad$ Step right foot forward, make $1 / 4$ turn right left foot to the side.
$3 \& 4 \quad$ Step right behind left, step left to the side, right to the side.
5-6 Step left foot across right (prepare to turn left), $1 / 4$ turn left right foot steps back.
7\&8
Step left foot back, close right next to left, step left foot forward. [12]
Sec 2: Samba Step (Botafogo), front side, behind \& touch switches.
1\&2 Step right foot forward, rock left out to the side, recover onto right.
3-4 Step left across right, step right foot to the side.
5\&6 Step left behind right, step right foot to the side, touch left foot out to the left side.
\&7\&8 Close left towards right, touch right across to left, close right next to left, touch left to the side.
[12]
Sec 3: Close, across, side, voltas $3 / 4$ turn left
\&1-2 Close left foot in towards right, step right across left, Step left foot to the side.
$3 \& 4 \quad$ Step right behind left, step left to the side, right to the side.
5\& 1/8th turn left cross left in front of right, 1/8th turn left step right toe to the side (slightly back).
$6 \& \quad 1 / 8$ th turn left cross left in front of right, $1 / 8$ th turn left step right toe to the side (slightly back).
7\& $\quad 1 / 8$ th turn left cross left in front of right, $1 / 8$ th turn left step right toe to the side (slightly back).
8 Small step forward on left foot. [3]
Restart here wall 4

Sec 4: Mambo forward, Mambo back, cross rock, full triple turn right.
1\&2 Rock right forward, recover back onto left, small step back on right.
3\&4 Rock left back, recover forward onto right, small step forward on left
5-6 Rock right foot forward across left, recover back onto left (prepare to turn right)
$7 \& 8 \quad$ Full triple turn on the spot $\mathrm{R}, \mathrm{L}, \mathrm{R}$ to the right. (or no with turn, triple on the spot) [3]
Sec 5: Rock, recover, coaster step, V steps, back close, back close.
1-2 Rock left forward, recover back onto right.
$3 \& 4 \quad$ Step left foot back, close right next to left, step left foot forward.
5-6 Step right forward to R diagonal (hips right), Step left forward to L diagonal, (hips left)
\&7\&8 Small step back right, close left next to right, small step back right, close left next to right.
Restart wall 4 after count 8 of section 3 facing 12 o'clock
Dance ends wall 8 after section 3 facing 12 o'clock just take a strong step forward right to finish.

