Gnos Das

Count: 32

Level: High Beginner

Choreographer: Mathew Sinyard (UK) - October 2019

Music: Sad Song Backwards - Jake Shears

Intro: 8 Counts from main beat (approx. 18 seconds)

Section 1: Back, Back, Coaster Cross, Side Together Forward x2.

- 12 Step back on right, step back on left.
- 3&4 Step back on right, step left beside right, cross right in front of left.
- 5&6 Step left to left side, step right beside left, step forward left.
- 7 & 8 Step right to right side, step left beside right, step forward on right.

Section 2: Step Tap Back, Shuffle 1/2 x2, Back Tap Forward.

- 1&2 Step forward on left, tap right behind left, step back on right.
- 3&4 Shuffle 1/2 turn left stepping L-R-L.
- 5&6 Shuffle 1/2 turn left R-L-R.
- 7 & 8 Step back on left, tap right in front of left, step forward on right.

Section 3: Side Rock Recover, Behind Side Cross, Side Rock Recover, Behind 1/4 Step.

- 12 Rock left foot to left side, recover right.
- 3 & 4 Cross left behind right, step right to right side, cross left in front of right.
- 56 Rock right foot to right side, recover left.
- 7 & 8 Cross right behind left, make a 1/4 turn left stepping forward on left, step forward right.

Section 4: Left Jazz Box Touch, Hip Sways x4.

- Cross left in front of right, step back on right, step left to left side, touch right beside left. 1234
- 5678 Sway hips right left right left.

Enjoy x.

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