

# Mend

Count: 48

Wall: 2

Level: Intermediate Vienesse Waltz

Choreographer: Ole Jacobson (DE) & Nina K. (DE) - June 2022

Music: Mend - Morgan Wade



Musikload: <https://orcd.co/morganwade-reckless>

Note: Start with the singing

**[1-6] cross, point, hold, cross, point, hold**

- 1 Cross LF in front of RF
- 2-3 Touch RF to the right - Hold (turn the body back to 6:00 or 12:00 for each wall)
- 4 Cross RF in front of LF –
- 5-6 Touch LF to the left - Hold

**[7-12] sailor step, cross, point, hold**

- 1 Cross LF behind RF
- 2-3 RF small step to the right – LF small step to the left
- 4 Cross RF in front of LF
- 5-6 Touch LF to the left - Hold

**[13-18] cross, point, hold sailor turn turn 1/2 R**

- 1 Cross LF in front of RF
- 2-3 Touch RF to the right - Hold
- 4 ¼ turn R, RF step back
- 5-6 ¼ turn R, LF small step to the right - RF small step to the left

**[19-24] step, sweep, cross, back, side**

- 1 LF step forward
- 2-3 Swing RF forward in a small arc for 2 counts
- 4 Cross RF in front of LF
- 5-6 LF step back - RF step right

Restart in der 11.Wand (6:00)

**[25-30] diagonal step, Hold L+R**

- 1 1/8 turn R, LF step forward (7:00)
- 2-3 Hold 2 counts
- 4 RF step forward
- 5-6 Hold 2 counts

**[31-36] shuffle back 1/2 turn L, step, hold**

- 1 ¼ turn L, LF step left (4:00)
- 2-3 Place RF close to LF - ¼ turn L, LF step forward (1:00)
- 4 RF step forward
- 5-6 Hold 2 counts

Restart in der 2. & 7. Wand (7:00) & 13.Wand (1:00)

**[37-42] step, 1/2 turn R with hitch, slow coaster step**

- 1 LF step forward (7:00)
- 2-3 ½ R turnR on both for 2 counts while slightly raising your right knee knee
- 4-6 RF step back - LF step next to RF - RF step forward

**[43-48] step, hold, tripprlturn L**

- 1 LF step forward
- 2-3 Hold 2 counts
- 4-6 Full Rotation L in three steps (R-L-R) (Option: 3 steps forward R+L+R) (7:00)

**..and from beginning**

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