Are You Dancin? (2022)

Level: Absolute Beginner

Choreographer: Lorna Cairns (SCO) - July 2022

Music: Save the Last Dance for Me - Ann Breen

This Dance Was Originally Choreographed For Mum In July 2012. My Mum Sadly Passed Away In December Of Last Year. I Am Rereleasing This Dance In Her Honour.

Sec 1) Rumba Box, Hold

Count: 22

- 1-2 Step Right To Right Side. Close Left Beside Right
- 3-4 Step Right Forward, Hold.
- 5-6 Step Left To Left Side, Close Right Beside Left.
- 7-8 Step Left Back, Hold.

Sec 2) Side Rock Cross Hold x 2, Step Turn Step, Hip Sways.

- Rock Right To Right Side, Recover On Left, 1-2
- 3-4 Cross Right Over Left, Hold
- 5-6 Rock Left To Left Side, Recover On Right,
- 7-8 Cross Left Over Right, Hold.

Sec 3) Step Turn Step, Hip Sways

- 1-2 Step Forward On Right, Make 1/2 Pivot Turn Left,
- Step Forward on Right, Hold 3-4
- 5-6 Sway Right, Sway Left

Last Update - 5 Aug 2022





Wall: 2