At Home



Count: 48 Wall: 2 Level: Intermediate

Choreographer: Carol Bates (UK) - February 2011

Music: At Home - Crystal Fighters



Or Rolling In The Deep by Adele - if danced to this track, the dance is not phased and needs no restarts.

Syncopated jazz box, back rock, turn 1/4, 1/2

1 – 2	Cross	riaht	over	left	sten	hack	on lef	t
1 - 2	01033	HALL	OVE	ICIL.	3100	Dack		L

&3 – 4 Step right next to left, cross left over right, step right to right side

5 – 6 Rock back on left, recover on right

7-8 Turn $\frac{1}{4}$ left stepping forward on left, turn $\frac{1}{2}$ left stepping back on right

Coaster step, right heel jack, left heel jack. Cross right unwind ½ turn left

1&2	Step back on left, step right next to left, step forward on left
IUL	oled back on left, sled hant hext to left, sled forward on left

3&4 Cross right over left, step back on left, touch right heel to right diagonal

&5&6 Step back on right, cross left over right, step back on right, touch left heel to left diagonal

&7 – 8 Step left to place, cross right over left, unwind ½ turn left (weight on right)

Restart here on wall 4 facing 3 o'clock WEIGHT NEEDS TO BE ON LEFT FOOT

Left sailor step, back rock recover, syncopated weave right

1 & 2	Step left behind right, step right to side, step left to left side
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3 – 4 Rock back on right, recover on left

& 5& 6 Step right to right side, step left behind right, step right to right side, cross left over right &7&8 Step right to right side, step left behind right, step right to right side, cross left over right

Right side rock recover, cross shuffle, ½ hinge turn right, kick ball point right toe back

1 –	. 2	Rock right to right side, recover of	on left
	_	TYOUR HALL TO HALL SIDE. LECOVEL O	JII 101L

3 & 4 Cross right over left, step left to left side, cross right over left

5 – 6 Step left to left side, on ball of left turn ½ turn right stepping right to right side

7 & 8 Kick left foot forward, step on left, touch right toe back

Restart here on wall 5 which will take you back to a 2 wall dance

Sway back right, recover on left, full turn left, rock forward right recover, side rock right recover

1 - 2	Swav	back	on ric	aht. r	ecover	on left

3 – 4 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left

5 – 6 Rock forward on right, recover on left

7 – 8 Side rock right, recover on left

Right behind side cross, side rock recover 1/4, triple full turn right, ball step clap

1 & 2	Step right behind left, step left to left side, cross right over left
3 – 4	Rock left to left side, recover on right turning 1/4 turn right
5 &6	Triple full turn over right shoulder stepping left, right, left

&7 – 8 Step on ball of right, step forward on left, clap

Happy dancing