

Wretched

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Paul McAdam (UK) - July 2013

Music: Don't Go (feat. Josh Kumra) (Radio Edit) - Wretch 32 : (iTunes)



Intro Approximately 19/20 seconds into song

[1-8] & LOCK 1/2 TURN, CROSS SHUFFLE, & TOUCH, CROSS 3/4 TURN

- &1,2 Step left foot back, step right foot to right diagonal, lock left foot behind right
- &3&4 Make a 1/4 turn left and step back on right foot, make a 1/4 turn left & cross left foot over right, step right foot to right side, cross left foot over right
- &5,6 Step right foot to right side, touch left toe out to left side(pulling right shoulder back and left slightly forward), step left foot to left side
- 7&8& Cross right foot over left, make a 1/4 turn right & step back on left foot, make a 1/4 turn right and step right foot to right side, step left foot next to right

[9-16] 1/4 TURN SWEEP, WALKS BACK, BALL STEPS

- 1,2 Make a 1/4 turn right & step forward on right foot whilst sweeping left foot forward, cross left foot over right
- 3,4 Step back on right foot, step back on left foot
- 5,6 Step back on right foot, step back on left foot
- &7&8 Step back on ball of right foot, step left foot in place X2

[17-24] PRESS, BUMP 1/4 TURN, & HEEL, CROSS UNWIND FULL TURN

- 1&2 Press right foot a big step forward bumping right hip, bump left hip back, bump right hip forward (weight on right)
- 3&4 Step left foot next to right, make a 1/4 turn right & step back on right foot, step left foot next to right
- &5,6 Step right foot forward, touch left heel out to left side, cross left foot over right
- 7,8 Unwind a slow full turn right, weight ends in right

[25-32] SIDE BEHIND & 1/2 TURN CROSS SHUFFLE, SIDE BEHIND & 1/2 WEAVE

- 1,2& Step left foot to left side, cross right foot behind left, make a 1/4 right and step back on left foot
- 3&4 Cross right foot over left, make a 1/4 turn right & step left foot to left side, cross right foot over left
- 5,6& Step left foot to left side, cross right foot behind left, make a 1/4 turn right & step back on left foot
- 7&8 Cross right foot over left, make a 1/4 turn right & step left foot to left side, cross right foot behind left,
- & Step left foot to the side(& slightly back) to start the dance again.

START AGAIN AND ENJOY!