Rely on You

Count: 48 **Wall:** 4 **Level:** Phrased High Intermediate
Choreographer: Kate Sala (UK) - January 2014
Music: Can't Rely On You - Paloma Faith

Intro, 36 counts.

Pattern: A, B, A, A, B, A, A, B, A, A, B, A

Part A - 32 counts
Side Rock, Recover, Sailor Step, Sailor Step 1/4 Turn Left, Step, Pivot 1/2 Turn Left.

1 2	Side rock on R out to right side. Recover on to L.
3 & 4	Cross step R behind L. Step L to left side. Step R to right side.
5 & 6	Cross step L behind R. Turn 1/4 left stepping R to right side. Step forward on L.
7 8	Step forward on R. Pivot 1/2 turn left. 3 o'clock

Rock Forward On Balls Of Feet, Coaster Step, Step Pivot 1/2 Turn Right, Step, Turn 1/2 Left.

1 2	Step forward on R rocking forward on balls of both feet. Recover taking weight back on to L.
3 & 4	Step back on R. Step L next to R. Step forward on R.
5 6	Step forward on L. Pivot 1/2 turn right.
7 8	Step forward on L. Turn 1/2 left stepping back on R.

Turn 1/4 Left with Long Step Left, Drag, Jump Right With Kick, Step Down With Hitch, Coaster Step, Step Forward, Pivot 1/2 Turn Right With Sweep.

1 2	Turn 1/4 left making a long step left on L. Drag R in towards L touching R next to L. 12 o'clock
3 4	Small jump to right side on R kicking L leg out to the left. Step L down in place hitching R knee.
5 & 6	Step back on R. Step L next to R. Step forward on R.
7 8	Step forward on L. Pivot 1/2 turn right on ball of L sweeping R leg round clockwise.

Sailor Step 1/2 Turn Right, Full Turn Left, 1/4 Turn Left With Side Rock, Together, Toe Splits, Hitch.

1 & 2	Turn 1/4 right Crossing R behind L. Small step L to left side. Turn 1/4 right stepping forward on R, put on your breaks and make this a pre step ready to turn left. 12 o'clock
3 4	Pivot 1/2 turn left. Turn 1/2 left stepping back on R.
5 & 6	Turn 1/4 left rocking out on L to left side. Recover on to R. Step L next to R. 9 o'clock
& 7 & 8	Roll back on to heels splitting toes. Recover in place. Hitch L knee up. Step L next to R.

Part B - 16 counts
Walk x 2, Hold, Heel Swivels With sailor Arms, Hold, Run x 2, Hold, Look Back, Forward, Hold.

1 & 2	Quick walk forward on R, L. Hold.
3 & 4	On balls of feet swivel both heels left. Recover in place. Hold.

Arms for count (3 &) - With elbows out to the sides place R hand flat on top of L dipping L elbow down & raise R elbow up. Recover in to parallel position. Drop arms back down for count 4.

5 & 6	Quick walk forward on R, L. Hold.
7 & 8	Look back over L shoulder. Look forward. Hold.

Step Pivot 1/2 Turn Left x 2, Rock, Recover, Turn 1/2 Right, Pivot 1/2 Right With Sweep.

1 - 4	Step forward on R. Pivot 1/2 turn left. Step forward on R. Pivot 1/2 turn left.
5 6	Rock forward on R. Recover on to L.
7 8	Turn 1/2 right stepping forward on R. Pivot 1/2 turn right on ball of R sweeping L leg round and stepping L next to R.