Dance On



Compte: 32 Mur: 4 Niveau: Improver
Chorégraphe: Hayley Wheatley (UK) & Judith Kennedy (UK) - March 2018

Musique: Dance On - Cliona Hagan



** Written for LDF Day 2018 **

INTRO: 18 Count intro Start on the word "on". Phrasing Of Dance: B+ B- ABC AB+BC

Part A

S1: WALK, WALK, SHUFFLE, ROCK FORWARD, RECOVER, SHUFFLE 1/2 TURN

1-2 Walk fwd on RF, Walk fwd on LF, 12:00

3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF 12:00

5-6 Rock fwd on LF, Recover onto RF 12:00

7&8 Step LF to L side making ¼ turn L, Close RF beside LF, Step fwd onto LF making ¼ turn L

6:00

S2: WALK, WALK, SHUFFLE, ROCK FORWARD, RECOVER, STEP BACK, STEP OUT, STEP OUT

1-2 Walk fwd on RF, Walk fwd on LF 6:00

3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF 6:00

5-6 Rock fwd on LF, Recover onto RF 6:00

&7-8 Step Back onto LF, Step out onto RF, Step out onto LF 6:00

S3: CLAP R, L, R, L

1-2 Clap hands to R Side, Clap hands to L side 6:003-4 Clap hands to R Side, Clap hands to L side 6:00

Part B

S1: STEP FORWARD, STEP 1/4 TURN CROSS, ROCK & CROSS, SWAY, SWAY, BEHIND SIDE CROSS,

1, 2 &3 Step fwd on RF, Step fwd on LF, Pivot ¼ turn R, Cross LF over RF 3:00

4&5 Rock RF to R side, Recover onto LF, Cross RF over LF 3:00

6-7 Sway hips to L, Sway hips to R 3:00

Step LF behind RF, Step RF to R side, Cross LF over RF 3:00

S2: KICK BALL CROSS, STOMP 1/4 turn, CROSS, STEP BACK 1/4 TURN, KICK BALL CHANGE

2&3, 4 Kick RF fwd, Step back onto RF, Cross Lf over RF, Stomp fwd onto RF making 1/4 turn R 6:00

5-6 Cross LF over RF, Step back onto RF making ¼ turn L, 3:00

7&8 Kick LF fwd, Replace LF, Step fwd onto RF 3:00

S3: CROSS, STEP BACK 1/4 TURN, KICK BALL CHANGE, ROCK FWD RECOVER, ROCK FORWARD, RECOVER

1-2 Cross LF over RF, Step back onto RF making ¼ turn L, 12:00

3&4 Kick LF fwd, Replace LF, Step fwd onto RF 12:00

5-6 Rock fwd onto LF, Recover onto RF, 12:00

&7-8 Step back onto LF, Rock fwd onto RF, Recover onto LF 12:00

(B-) At this point in the dance on wall 2 Start Part A

S4: SHUFFLE BACK, TOUCH BACK, REVERSE TURN,

1&2 Step back on RF, Close LF beside RF, Step back onto RF 6:00

3-4 Touch L toe back, Reverse ½ turn L 6:00

(B+ TAG) On the 1st and 4th time dancing part B add two Knee pops:

1-2 Pop L knee in, Pop R knee in (finishing with weight on LF)

Part C

S1: SIDE, CLOSE, SHUFFLE FWD, SIDE, CLOSE, SHUFFLE BACK

1-2 Step RF to R side, Close LF beside RF

3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF

5-6 Step LF to L side, Close RF beside LF

7&8 Step back onto LF, Close RF beside LF, Step back onto LF

S2: SIDE, CLOSE, SHUFFLE BACK, SIDE CLOSE, SHUFFLE FWD

1-2 Step RF to R side, Close LF beside RF

3&4 Step back onto RF, Close LF beside RF, Step back onto RF

5-6 Step LF to L side, Close RF beside LF

7-8 Step fwd onto LF, Close RF beside LF, Step fwd onto LF