

# Press

**Compte:** 16

**Mur:** 4

**Niveau:** High Improver

**Chorégraphe:** Dick Rogers (USA) & Nancy Rogers (USA) - August 2021

**Musique:** Country In Me - Lauren Alaina

ou: What's Forever For - Anne Murray



**Note:** No tags or restarts.

**Starting Position:** Weight on LF facing 12:00 wall.

**[1-8] WALK FWD, WALK FWD, LOCK, STEP FWD, FWD ¼ L, THIRD, CROSS, SIDE, BEHIND, SIDE SWAY L, SWAY R**

- 1 Step RF FWD
- 2a Step LF FWD (2), lock RF behind LF (a)
- 3 Step LF FWD
- 4a Step RF FWD and pivot ¼ L (4), slide LF to heel of RF (third position) (a)
- 5 Cross RF over LF
- 6a Step LF to L (6), cross RF behind LF (a)
- 7 Step LF to L and sway hips L
- 8 Sway hips to R and transfer weight to RF in place

**[9-16] TOUCH BEHIND, UNWIND AND FALL, CROSS, SIDE, BEHIND, PRESS L, RECOVER, PRESS R, RECOVER**

- 1 Touch toe of LF behind RF (keep full weight on RF) and bend R knee slightly
- 2& Straighten R knee while transferring weight to ball of LF and rotate ½ L in the process (2), fall on RF to R (&)
- 3 Cross LF over RF
- 4a Step RF to R (4), slide LF to heel of RF (third position) (a)
- 5 Cross RF over LF and press into floor by moving hips slightly FWD toward RF (maintain an upright stance)
- 6a Push off RF (leaving slight weight on RF touching floor) and recover on LF (6), step RF beside LF and twist slightly R (a)
- 7 Cross LF over RF and press into floor by moving hips slightly FWD toward LF (maintain an upright stance)
- 8a Push off LF (leaving slight weight on LF touching floor) and recover on RF (8), step LF beside RF and square up (a)

**START OVER**

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