

Dust Yourself Off

Compte: 32

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Stephen & Lesley McKenna (SCO) & Nathan Gardiner (SCO) - March 2023

Musique: Rise (Sam Feldt Remix) - Calum Scott



Intro: 32 counts

Section 1 L side rock, rec 1/8 R, step forward L, R step lock step, L rock forward, rec, touch L toe back.

- 1-2-3 Rock L to L side, recover R making 1/8 R (1:30), step forward L.
- 4&5 Step forward R, lock L behind R, step forward R.
- 6-7-8 Rock forward L, recover back R, touch L toe back.

Section 2 R knee pop x2, back R shuffle, 1/2 L shuffle, R heel, R flick.

- 1-2 Bump L hip popping R knee x2 – weight ends on L (Styling: Using two fingers on both hands making pretend guns and raise twice as you pop knees).
- 3&4 Step back R, step L next to R, step back R.
- 5&6 Make 1/2 L stepping L, step R next to L, step forward L (7:30).
- 7-8 Touch R heel forward, make 1/8 L flicking R heel out (6:00).

Section 3 R cross, L sweep, L cross shuffle, R double bump, L double bump.

- 1-2 Cross R over L, sweep L from back to front.
- 3&4 Cross L over R, step R to R side, cross L over R.
- 5-6 Step R to R side bumping hips R x2 (Styling: Look L and brush L shoulder with R hand twice).
- 7-8 Step L to L side bumping hips L x2 (Styling: Look R and brush R shoulder with L hand twice).

Section 4 R sailor step, L sailor step, touch R behind, unwind 3/4 R, L side, R behind.

- 1&2 Step R behind L, step L to L side, step R to R side.
- 3&4 Step L behind R, step R to R side, step L to L side.
- 5-6 Touch R toe behind L, unwind 3/4 R stepping R (3:00).
- 7-8 Step L to L side, step R behind L.

Hope you enjoy! ☐

Contact Stephen – stephen-edward-mckenna@sky.com