Apologize



Compte: 32 Mur: 4 Niveau: Intermediate

Chorégraphe: Shaz Walton (UK) - October 2007

Musique: Apologize (feat. OneRepublic) - Timbaland



Count in- 16 counts- on lyrics.

Cross lunge. Hitch round. Back. Side. Cross rock side. Side. ½ hitch. Rock. Recover. Rock. Recover. Lunge

1 Facing right diagonal front cross left over right & lunge forward.

&2 Hitch right foot over (smoothly) as you face left diagonal front. Cross step right over left.

Step back on left. Straighten up as you step right to right side.Cross rock left over right. Recover on right. Step left to left side.

5(&) Take a large step to right with right. Make a ½ turn left smoothly hitching your left knee up.

6& Rock forward on left. Recover on right.

7&8 Rock left to left side. Recover on right. Cross step left & lunge.

Back. Drag. Together. Walk. Walk. ¼ cross. side. Together. Side. Rock. Recover. ¼. ¾ point.

1(&) 2 Take a large step back on right. Slide left back towards right. Step left beside right.

Walk forward right. Walk forward left (make these "small run steps")

Make ¼ right as you cross step right over left. Step left to left side.

&5 Step right beside left. Step left large step to left.

6& Rock right behind left. Recover on left.

7-8 Make ¼ right as you step right forward. Make ¾ turn right with left hitched-point left to left

side.

Turn 1/4 back rock. Recover. ½ rock recover. Ball step. Sweep. Back. Back. Step. Spiral.

1-2 Make ¼ left as you rock back on left. Recover on right.

&3-4 Make ½ turn right as you step back on left. Rock back on right. Recover on left.

&5 Step right beside left. Step left forward.

sweep right from back to front, cross step it over left. Step back left. Step back right. Step forward left. Make full spiral turn right, ending with right hooked over left knee.

Side. Rock. Recover. Cross. step. Cross (drag) ¼ right. Crouch. Recover. Rock. Recover. (sway) Hitch.

1-2 Step large step right with right. Rock back on left.

&3 Recover on right. Step left to left side.

&4 Cross step right over left. Step left large step to left side. (Dragging right up)

5-6 Make ¼ turn right stepping right forward. Bring left to right as you crouch down facing right

diagonal. (Weight on right)

(Optional arms- as you make the ¼ turn – circle arms loosely in an anti clockwise direction- as you touch your left foot beside right- clench your fists & hold them close to your body)

7&8 Recover to standing position as you rock out to left. Recover on right. (Feet need to be apart

here) Hitch left knee up.

Restart- 2nd wall.

Dance up to count 24- replace the full spiral with a step forward on the right foot & start the dance again. You will be on the 3 o'clock wall.

Tag- on 5th wall. Dance the dance to the very end.

Execute the last 3 count (Rock. Recover. (sway) Hitch.) But this time prolong the hitch & hold for 2 counts (be dramatic!)

Start the dance again facing 9 o'clock wall

Start over- be smooth.