

Let's Grow It

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Choregraphie par : Angeles Mateu (ES)

Description : 32 temps, 4 murs, Novice WCS,
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Musique : Gloria Tells – Grow



Sheet translated by Angeles Mateu
start at 32 counts

[1-8] ROCK RECOVER, ANCHOR STEP, TURN 1/2 X 2, ANCHOR STEP.

- 01 – Step forward with right foot leaving the weight.
- 02 – Recover weight in left foot.
- 03 – Step back with right foot in third position leaving the weight.
- & – Recover weight in left foot
- 04 – Recover weight in right foot.
- 05 – Turn 1/2 turn to the left leaving left foot forward
- 06 – Turn 1/2 turn to the left leaving right foot behind
- 07 – Step back with left foot in third position leaving the weight.
- & – Regain weight in right foot.
- 08 – Recover weight in left foot.

[9-16] SWAY X2, SAYLOR STEP, ROCK RECOVER, COUSTER STEP.

- 09 – Step with your right foot to the side, swinging your hip to the right.
- 10 – Swing the hip to the left.
- 11 – Cross right behind the left.
- & – Step left to the left.
- 12 – Step right to the right.
- 13 – Step forward with left foot leaving the weight
- 14 – Regain weight in right foot.
- 15 – Step back with left foot
- & – Match right foot to left side
- 16 – Step forward with left foot.

[17-24] ROCK RECOVER, ANCHOR STEP. TURN 1/2 X 2, ANCHOR STEP.

- 17 – Step forward with right foot leaving the weight
- 18 – Recover weight in left foot
- 19 – Step back with right foot in third position leaving the weight.
- & – Recover weight in left foot
- 20 – Recover weight in right foot.
- 21 – Turn 1/2 turn to the left leaving left foot forward

- 22 – Turn 1/2 turn to the left leaving right foot behind.
- 23 – Step back with left foot in third position leaving the weight
- & – Recover weight on right foot
- 24 – Recover weight in left foot

[25-32] POINT, STEP, SUFFLE, STEP, HOLD, HILL BOUNCES 1/8.

- 25 – Tip with right foot to the right.
- 26 Step forward with right foot.
- 27 – Step forward with left foot.
- & – Step with right foot next to left foot.
- 28 – Step forward with left foot.
- 29- Step forward with right foot.
- 30 – Hold and turn the head 1/4 to the left
- 31 – Lift both heels and lower heels turning 1/8 to the left
- & – Lift both heels and lower heels turning 1/8 to the left
- 32 – Lift both heels and lower heels (leaving the weight on the left)

(14)