

APOLOGY

SONG: APOLOGY
 ARTIST: ANASTACIA
 ALBUM: RESURRECTION
 CHOREOGRAPHER: MICHAEL VERA-LOBOS SEPT 2015 SYD. AUSTRALIA
 ORIGINAL POSITION: FEET SLIGHTLY APART WEIGHT L
 16 COUNT INTRO

BEATS:	STEPS:	TWO WALL INTERMEDIATE DANCE	Version 0:00
1 – 8	SHUFFLE FWD R & STEP BESIDE, ROCK BACK R & ROCK FWD L & ½ L, COASTER BACK L, FULL TRIPLE FWD R		
1&2&3,4& 5&6,7&8	Shuffle Fwd R Stepping R,L,R & Stepping L beside R, Rock back R, Rock fwd onto L & Turning ½ L Step back on R (6:00) Step back on L & Step R beside L, Step fwd onto L, Travel fwd – Full Triple Spin fwd over R Stepping R,L,R		
9 – 16	HIP SWAY L, HIP SWAY R & STEP SIDE, TOUCH CROSS, FULL UNWIND L, HIP SWAY R, HIP SWAY L , TOUCH ACROSS, FULL UNWIND L		
1,2&3,4 5,6,7,8	Stepping L to L Push hip L, Sway Hip R & Stepping L to L Touch R across L, Pushing off R Full Unwind L Lifting Heels Dropping Wt onto L (6:00) Stepping R to R Push Hip R, Sway Hip L, Touch R across L , Pushing off R Full Unwind L Lifting Heels Dropping Wt onto L (6:00)		
17 – 24	STEP SIDE, CROSS BEHIND & 1/8 R, LUNGE FWD L, STEP BACK DRAG, STEP BACK & ½ R, STEP FWD & ½ PIVOT R, LUNGE FWD, STEP BACK DRAG		
1,2&3,4 5&6&7,8	Travel to R side – Step Side R, Cross L behind & Turning 1/8 R Step R into R corner (7:00), Lunge fwd L, Step Back on R Dragging L towards R (7:00) Step back on L & Turn ½ R on R (1:00), Step fwd L & Pivot ½ R (7:00), Lunge fwd L , Step Back on R Dragging L towards R (7:00)		
25 – 32&	STEP BACK & ½ R, STEP FWD & ½ PIVOT R, CROSS, STEP SIDE STRAIGHTEN UP , L SAILOR DRAG, BEHIND & ¼ L, ½ L & ¼ L		
1&2& 3,4 5&6 7&8&	Step back on L & Turn ½ R on R (1:00), Step fwd L & Pivot ½ R (7:00) Cross L over R, Step R to R dragging L towards R Straightening up 1/8 L (6:00) Cross L behind R & Rock R to R, Step L to L dragging R towards L (6:00) Cross R behind L & Turn ¼ L on L, Turn a further ½ L Stepping back on R & Turn a further ¼ L on L (6:00)		
33 – 40&	CROSS ROCK, REPLACE & STEP SIDE, CROSS & STEP SIDE, CROSS BEHIND & ¼ R, LUNGE FWD L, STEP BACK R DRAGGING L, STEP BACK L & ½ R, STEP FWD L & ½ PIVOT R DRAG		
1,2&3&4& 5,6,7&8&	Cross Rock R over L, Rock back on L & Stepping R to R, Cross L over R & Step R to R, Cross L behind R & Turning ¼ R Step fwd on to R (9:00) Lunge fwd L, Step back on R Dragging L towards R, Step back L & Turn ½ R on R (3:00), Step fwd L & Pivot ½ R (9:00)		
41 – 48	LUNGE FWD L, STEP BACK DRAG, L COASTER DRAG, STEP FWD, ½ PIVOT L, TOUCH ACROSS, ¾ UNWIND L		
1,2,3&4 5,6,7,8	Lunge fwd L , Step back R Dragging L towards R, Step back L & Step R beside L, Step fwd L dragging R towards L (9:00) Step fwd R, Pivot ½ L , Touch R across L, Unwind ¾ L Lifting Heels dropping Wt on L (6:00)		
49 – 56&	WALK, COASTER FWD L & ½ R, LUNGE FWD L, STEP BACK SWEEP SIDE, L SAILOR DRAG, CROSS R BEHIND L & TURN ¼ L ON L		
1,2&3&4 5,6&7,8&	Walk fwd R, Step fwd L & Step R beside L, Step back on L & Turn ½ R on R, Lunge fwd L (12:00) Step back R Sweeping L to L side, Cross L behind R & Rock R to R, Replace wt on L Dragging R towards L, Cross R behind L & Turning ¼ L Step fwd on L (9:00)		
57 – 64	FULL SPIN FWD L , SHUFFLE FWD L, STEP BACK DRAG, STEP BACK & ½ R, ¼ R & CROSS BEHIND, ¼ L & ½ L, ¼ L		
1,2&3,4 5&6& 7&8	Stepping onto R Full turn fwd over L slightly Lifting L, Shuffle fwd L Stepping L,R,L, Step back R dragging L towards R (9:00) Step back on L & Turn ½ R on R, Turn a further ¼ R Stepping L to L & Cross R behind L (6:00) Turning ¼ L step fwd onto L & Turning a further ½ L Step back on R , Turning a further ¼ L Step L to L (6:00)		
65 – 72	STEP SIDE, BEHIND & ¼ R, ¼ R, HIP SWAY R, HIP SWAY L, FULL TRIPLE SPIN R SIDE, CROSS		
1,2&3 4,5,6&7,8	Travel to R side – Step Side R, Cross L behind R & Turn ¼ R on R, Turn a further ¼ R Ending L to L (12:00) Hip Sway R, Hip Sway L, Travel to R side – Full Triple Spin R Stepping R,L,R, Cross L over R (12:00)		
73 - 80&	SIDE ROCK, ¼ PIVOT L, STEP FWD, ½ PIVOT L, STEP BACK DRAG, STEP BACK & ½ R, LUNGE FWD L, STEP BACK & ½ L		
1,2,3,4 5,6& 7,8&	Side Rock R to R, Replace Wt on L Turning ¼ L (9:00), Step fwd R, Pivot ½ L (3:00) (End Wt L) Step back on R Dragging L towards R, Step back on L & Turn ½ R on R (9:00) Lunge fwd L, Step back on R & Turn ½ L on L (3:00)		
81 – 84	¼ L SIDE ROCK, REPLACE, ½ HINGE L SIDE ROCK, REPLACE		
1,2 3,4	Turning ¼ L (12:00) Side Rock R to R, Replace Wt on L (12:00) Keeping Wt on L Hinge ½ L to Rock R to R side, Replace Wt on L (6:00)		

85 – 92 CROSS ROCK, RELACE & STEP SIDE, CROSS ROCK , REPLACE & STEP SIDE, STEP FWD R, ½ PIVOT L, FULL TRIPLE SPIN FWD R

1,2&3,4& Cross Rock R over L, Replace wt on L & Step R to R, Cross Rock L over R, Replace wt on R & Step L to L
5,6,7&8 Step fwd R, Pivot ½ L, Full Triple Spin fwd over R Stepping R, L,R (12:00)

93 – 100 CROSS ROCK, RELACE & STEP SIDE, CROSS ROCK , REPLACE & STEP SIDE, STEP FWD L, ½ PIVOT R , FULL TRIPLE SPIN FWD L

1,2&3,4& Cross Rock L over R, Replace wt on R & Step L to L, Cross Rock R over L, Replace wt on L & Step R to R
5,6,7&8 Step fwd L, Pivot ½ R, Full Triple Spin fwd over L Stepping L,R,L (6:00)

START AGAIN FACING NEW WALL**TAG OCCURS ON WALL 3 AFTER COUNT 32 & (FACING BACK WALL) . COMPLETE TAG & START DANCE FROM COUNT 49. DANCE TO COUNT 67. STEP R TO R DRAG L**

1,2 Cross R over L Travelling Fwd , Cross L over R travelling Fwd

Note: **Dance looks a lot harder than it is. Take your time and space it out. Enjoy.**

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