

Choke Around



Song: Choke (2.56mins)
Artist: Sheppard- Album: Watching the Sky
Choreographer: Linda Burgess- Australia
Description: 40 count, 2 wall, easy intermediate... 2 restarts.

Beats	Steps	Intro: 16 counts	
{1-8}	WALK, WALK, SIDE/ROCK, REPLACE, FWD, WALK, WALK, SIDE/ROCK, REPLACE, FWD		
1,2,3&4	Walk fwd R, L, rock/step R to R, replace weight to L, step fwd R		
5,6,7&8	Walk fwd L, R, rock/step L to L, replace weight to R, step fwd L		12:00
{9-16}	ROCK/FWD, REPLACE, ROCK/SIDE, REPLACE, BEHIND, SIDE, CROSS, SIDE, TOGETHER, SIDE, TOGETHER, HEEL, BALL, STEP		
1&2&3&4	Rock/step fwd R, replace weight to L, rock/step R to R, replace weight to L, cross R behind L, step L to L, cross R over L		
5&6&7&8	Touch L toe to L side, step L beside R, touch R toe to R side, step R beside L, touch L heel fwd, step L beside R (on ball of foot), step fwd R		12:00
{17-24}	SHUFFLE BACK, ½ R SHUFFLE FWD, BACK, HEEL, FWD, TOUCH, BACK, HEEL, FWD,		
TOUCH			
1&2,3&4	Step back L, step R beside L, step back L, turn ½ R & step fwd R, step L beside R, step fwd R		
&5&6&7&8	Step back L, touch R heel fwd, step R in place, touch L beside R, step back L, touch R heel fwd, step R in place, touch L beside R		6:00
{25-32}	WALK, WALK, STEP, PIVOT ½, STEP, STOMP, BOUNCE, BOUNCE, BOUNCE ½ L,		
1,2,3&4	Walk fwd L, R, step fwd L, quick pivot ½ R, step fwd L		
5&6&7&8	Stomp R fwd, raise heels, turn ¼ L & lower heels, raise heels, turn 1/8 L & lower heels, raise heels, turn 1/8 L, lower heels (weights on L)		6:00
{33-40}	STOMP FWD, STOMP SIDE, TWIST, TWIST, TWIST, R SAILOR, L COASTER		
1,2,3&4	Stomp R fwd, stomp L to L side, twist heels L, twist toes L, twist heels L		
5&6,7&8	R sailor, L coaster		6:00

Begin again!

Restarts: Wall 2 & 6. Dance counts 1-23& , then step fwd L on 24. Both Restart facing 12:00

Email: onelnr@bigpond.net.au
Website: www.onelinerbootscooters.com
Ph. 0419285389