

# VISITING HOURS

**Choreographed by:** Alison Johnstone (Nuline) & Josh Talbot (Aus)

**Song:** Visiting Hours – Ed Sheeran

**Level:** Intermediate

**Walls:** 2 Walls

**Intro:** 16 Count Intro (start on the word “Heaven”)

**Restarts:** Wall 3 & Wall 6 after 8 counts - (both facing front)

**1-8&: DANCE STARTS TO 1.30 – DIAMOND FALLAWAY - FWD SWEEP ½ FALL AWAY DIAMOND, ROCK FWD (FIG 4), RECOVER, ½, SPIRAL, RUN, RUN (1.30)**

1 2& Step fwd R with sweep (1.30), 1/8 L Cross L over R (12.00), 1/8 L Step R back on R (&) (10.30)

3 4& Step L back, 1/8 L Step R behind L (9.00), 1/8 L Step L fwd (&) (7.30)

5 6& Rock R fwd hitching L leg into 4<sup>th</sup> position, Recover weight L, ½ R step R slightly fwd (&) (1.30)

7 8& Step fwd on ball of L make a full spiral turn over R, Little run fwd R, Little run fwd L (&)

(Option on count 7 to simply step forward on ball of left with no spiral)

**\*\*4<sup>th</sup> Position-** as you rock forward on R you hitch your left leg behind the right with the knee of the hitched leg out towards the side and the foot coming into the calf area at the back of the R leg\*\*\*

**\*Restart here wall 3 & wall 6 both facing front at 1.30 \***

**9-16&: ROCK, RECOVER, BACK, CROSS, BACK, 1/4, TOGETHER, WALK AROUND, CROSS, SIDE (3.00)**

1 2& Rock R fwd, Recover weight L, Step R back (&) (stay facing 1.30)

3&4& Cross L over R, Step R back (&), ¼ L Step L fwd (10.30), Step R together (&)

5 6 ¼ L Step L fwd to 7.30, ¼ L Step R fwd to 4.30

7 8& 1/8 L Step L fwd to 3.00, Cross R over L, Step L to L

**17-25&: BACK HITCH, BACK ROCK, RECOVER, BACK HITCH, BACK ROCK, RECOVER, SIDE, BEHIND, ¼, STEP TURN ½, STEP FWD, SPIRAL (12.00)**

1 2& Step R behind L hitching L knee (keep L toe pointed down) & opening body and knee to 1.30, Rock L back, Recover weight R (&)

3 4& Step L behind R hitching R knee (keep R toe pointed down) & opening body and knee to 4.30pm, Rock R back, Recover weight L (&)

5 6& Step R to R, Step L behind R, ¼ R Step R slightly fwd (&) (6.00)

7 8& Step L fwd and turn ½ over R (12.00), Step R fwd, Step fwd on ball of L make a full spiral turn over R (&) (12.00)  
(Option on last & count to simply step forward on ball of left with no spiral)

**26-32&: FWD DRAG X3, ROCK FWD, RECOVER, BACK SWEEP X3, BACK, 3/8 (7.30)**

1 2 3 Step R fwd drag L, Step L fwd drag R, Step R fwd drag L

4& Rock L fwd, Recover weight R (&)

5 6 7 Step L back sweep R around, Step back R sweep L around, Step back L sweep R around

8& Step R back, 3/8 L to 7.30 step L slightly forward (&)

**RESTARTS: DANCE TO COUNT 8 ON WALL 3 & WALL 6 - RESTART FACING FRONT AT 1.30**

**ENDING:** Dance to the 3 back sweeps on wall 9 facing the front, replace the “Back, 3/8 turn” on count 8& with: Step back on R, step L together, big step fwd on R drag L together to finish at the front

We hope you enjoy this beautiful song written by Ed Sheeran here in Australia during quarantine whilst waiting to attend Mike Gudinski’s funeral. The song is dedicated to Mike and discusses Eds relationship with Mike and relates to teaching his daughter what Mike had taught him Also how Mike won’t meet her etc . Stunning words.

We are sure everyone wishes that heaven had Visiting Hours !!!

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