

C & L

Choreography: Laura Jones & Carol Cuypers (Juli 2024)

Description: 32 counts, 2 wall, low intermediate dance, 1 tag, 1 restart
Music: **Pour me a drink** by Post Malone
Dance Note: The dance starts after 16 counts **RF = Right Foot; LF = Left Foot**

Sect 1: step-lock, shuffle r, side rock L, behind-side-cross

1-2 RF step forward - LF lock behind RF
3+4 RF step forward - LF next to RF - RF step forward
5-6 LF step to the left (weight off RF) - weight back onto RF
7+8 LF cross behind RF - RF step to the right - LF cross in front of RF

Sect 2: step R with ¼ turn L, ½ turn L, ¼ chassé L, back rock L, kick-ball-cross

1-2 RF step to the right with ¼ turn left - ½ turn left on LF
3+4 RF step with ¼ turn left - LF step next to RF - RF step to the right
5-6 LF step back (weight off RF) - weight back onto RF
7+8 LF kick diagonally forward left - LF ball step next to RF (weight on LF, RF slightly lifted) - RF cross over LF (body facing diagonally left forward)

Sect 3: ¼ step l, swivel l, hook l, shuffle l, ¼ side rock l with RF, cross, side rock cross with l

1+2 LF ¼ turn step forward (9 o'clock) - both heels swivel to the left - heels return to original position with LF hook in front of RF shin (9 o'clock)
3+4 LF step forward - RF next to LF - LF step forward
Restart on wall 8 here (with ¼ turn to the right and restart)
5+6 RF step forward with ¼ turn left (weight off LF) - weight back onto LF - RF cross in front of LF
7+8 LF step to the left (weight off RF) - weight back onto RF - LF cross in front of RF

Dance the tag on wall 4 (12 o'clock), wall 7 (6 o'clock), and wall 10 (6 o'clock, tag twice, then finish)

Sect 4: kick-hook-kick, brush, scuff, out-out, sailor step r and l

1+2+ RF kick forward - RF cross in front of LF shin - RF kick forward - RF swing back, brushing the floor with the ball
3+4 RF heel brush forward along the floor - RF step to the right - LF step to the left
5+6 RF cross behind LF - step to the left with LF - weight back onto RF
7+8 LF cross behind RF - step to the right with RF - weight back onto LF

Tag

Sect 1: rumba R, shuffle R forward, rumba L, coaster step back

1-2 RF step to the right - LF step next to RF (weight ends on left)
3+4 RF step forward - LF step next to RF - RF step forward
5-6 LF step to the left - RF step next to LF (weight ends on right)
7+8 LF step back - RF step next to LF - LF step forward

Sect 2: kick-ball-cross r diagonal, kick-ball-cross r diagonal, side rock cross r, side rock cross l

1+2 RF kick diagonally forward right - RF ball step next to LF (weight fully on RF, LF slightly lifted) - LF cross over RF (slightly moving to the right)
3+4 RF kick diagonally forward right - RF ball step next to LF (weight fully on RF, LF slightly lifted) - LF cross over RF (slightly moving to the right)
5+6 RF step to the right (weight off LF) - weight back onto LF - RF cross in front of LF
7+8 LF step to the left (weight off RF) - weight back onto RF - LF cross in front of RF

Repeat until the end

#nothingcanstopourpassion

Thunder Comes