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F-O-R-D

Choreographer : Séverine Fillion

Type of dance : 4 Wall

Level : High Beginner

Counts : 32

Intro : 32 counts

Music : F-O-R-D – by James Lann

1 Tag – 1 Restart

[1-8] HEEL TAP FWD, HEEL TAP SIDE, COASTER STEP (RIGHT & LEFT)

- 1-2 Tap right heel fwd, Tap right heel to right side
3&4 Right step back, left next to right, right fwd
5-6 Tap left heel fwd, Tap left heel to left side
7&8 Left step back, right next to left, left fwd

[9-16] TRIPLE STEP FWD, STEP 1/2 TURN R, TRIPLE STEP FWD, STEP 1/2 TURN L

- 1&2 Triple step right – left – right fwd
3-4 Left fwd, Turn 1/2 right passing weight on right 6 :00
5&6 Triple step left – right – left fwd
7-8 Right fwd, Turn 1/2 left passing weight on left 12 :00

**** RESTART here on wall 4 at 3 :00**

[17-24] TOE - HEEL TOUCHES & HEEL, CLAP CLAP (R & L)

- 1-2 Touch right toe next to left (right knee « IN »), touch right heel fwd (right knee « OUT »)
&3 Recover on right next to left (&), touch left heel fwd (3)
&4 Clap Clap
5-6 Touch left toe next to right (left knee « IN »), touch left heel fwd (left knee « OUT »)
&7 Recover on left next to right (&), touch right heel fwd (7)
&8 Clap Clap

[25-32] SIDE TRIPLE STEP R, BACK ROCK, STOMP, 1/4 TURN L & KICK, COASTER STEP

- 1&2 Triple step right – left – right to right side
3-4 Rock back on left, recover on right
5-6 Stomp left next to right, 1/4 turn left & left kick fwd 9 :00
7&8 Left step back, right next to left, left fwd

START AGAIN

TAG (4 counts) : At the end of walls 1 (at 9 :00) and 5 (at 12 :00)

- 1-4 Tap right heel fwd, recover on right, Tap left heel fwd, recover on left

RESTART : On wall 4 at 3 :00 after 16 counts

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