

# Treacle not Pudding

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Craig Bennett & Paul McAdam

**Music:** "Work" by The Saturdays from If This is Love album

**Count in: Approximately 32 counts from Start of track on vocals.**

**(1-8) KICK BALL CHANGE, SWIVEL ½ TURN, CROSS ROCK SIDE, CROSS SHUFFLE**

- 1&2** Kick right foot forward, step back on ball of right foot, step forward on left foot
- 3&4** Make a ½ turn right swivelling heels left, right, left (weight finishes on left)
- 5&6** Cross rock right foot over left, step back on left foot, step right foot to right side
- 7&8** Cross left foot over right, step right foot to right side, cross left foot over right

**(9-16) SWITCHES & SWIVEL, COASTER STEP ½ TURN TOUCH**

- 1&2** Touch right toe to right side, step right foot next to left, touch left toe out to left side
- &3&4** Step left foot next to right, touch right toe forward, swivel both heels right, swivel heels back to centre
- 5&6** Step back on right foot, step left foot next to right, step forward on right foot
- 7,8** Pivot ½ turn left and take weight on left, touch right toe next to left

**(17-24) OUT-OUT & CROSS, HOLD & CROSS, SYNCOPATED SIDE ROCKS**

- &1** Step right foot out to right side, step left foot out to left side
- &2** Step slightly back on right foot, cross left foot over right foot
- 3&4** Hold a count, step right foot to right side, cross left foot over right
- 5&6&** Rock right foot to right side, recover weight on left, cross right foot behind left, rock left foot out to left side
- 7&8** Recover weight on right foot, cross left foot behind right, step right foot forward

**(25-32) 2X WALKS, STEP ½ TURN STEP, ¾ CROSS, SIDE ROCK CROSS**

- 1,2** Walk forward on left foot, walk forward on right foot
- 3&4** Step forward on left foot, pivot ½ turn right, step forward on left foot
- 5&6** Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side, cross right foot over left

**7&8**      Rock left foot out to left side, recover weight on right, cross left foot over right

**START AGAIN AND ENJOY!**

**RESTARTS:**

**There are 2 Restarts they both happen after count 16, on the 2nd wall and the 5th wall.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=77907](https://www.linedance.com/index.php?f=dance_view&id=77907)