

WEIGHT LOSS

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Count: 72

Wall: 1

Level: intermediate social cha

Choreographer: Barry Woods

Music: If French Fries Were Fat Free by Alan Jackson

ROCK STEP, COASTER STEP

1-2 Step forward right, rock back on left

3&4 Step back on right, step left beside right, step forward on right

ROCK STEP, COASTER STEP

5-6 Step forward left, rock back on right

7&8 Step back on left, step right beside left, step forward on left

HEEL HOOKS, WITH $\frac{1}{4}$ TURNS

9-12 Touch right heel forward, hook up across front of left leg, touch right heel forward on right diagonal, step right in place, turning $\frac{1}{4}$ to right, (facing 3:00 wall)

13-16 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place turning $\frac{1}{4}$ to left, (facing back to 12:00 wall)

GRAPEVINE WITH CROSS

17-20 Step right to right side, cross left behind right, step right to right side, cross left over right

SIDE ROCK, CROSS SHUFFLE

21-22 Rock out right, back onto left

23&24 Cross step right over left, step left to left side, cross step right over left

LEFT GRAPEVINE, $\frac{1}{2}$ TURN

25-28 Step to left, on left turning $\frac{1}{4}$ to left, (facing 9:00 wall) step forward on right turning $\frac{1}{4}$ to left, cross left behind right, step right to right side (facing 6:00 wall)

ROCK STEP, COASTER STEP

29-30 Step forward left, rock back on right

31&32 Step back on left, step right beside left, step forward on left

ROCK STEP, COASTER STEP

33-34 Step forward right, rock back on left

35&36 Step back on right, step left beside right, step forward on right

HEEL HOOKS, WITH ¼ TURNS

37-40 Touch left heel forward, hook up across front of right leg, touch left heel forward on left diagonal, step left in place, turning ¼ to left, (facing 3:00 wall)

41-44 Touch right heel forward, hook up across front of left leg, touch right heel for on right diagonal, step right in place turning ¼ to right, (facing back to 6:00 wall)

GRAPEVINE WITH CROSS

45-48 Step left to left side, cross right behind left, step left to left side, cross right over left

SIDE ROCK, CROSS SHUFFLE

49-50 Rock out on left to left, rock back on right

51&52 Cross step left over right, step right to right side, cross step left over right

ROCK STEP, SHUFFLE TURN

53-54 Rock forward on right, rock back on left

55&56 Right half turn shuffle, stepping right, left, right

ROCK STEP, SHUFFLE TURN

57-58 Rock forward on left, rock back on right

59&60 Left half turn shuffle, stepping left right left

¼ TURN RIGHT GRAPEVINE CROSS

61-64 Step forward on right, stepping a ¼ turn to left (facing 3:00 wall) cross left behind right, step right to right side, cross step left over right

SIDE ROCK ¼ TURN

65-66 Rock out right to right side, rock back on left turning a ¼ turn left, (facing 12:00 wall)

WEAVE, WITH TURNS

67-68 Step forward on right turning a ¼ turn to left, (facing 9:00 wall) cross left behind right

69-70 Step forward on right turning a ½ turn right, (facing 3:00 wall) step left to left side

71-72 Cross right behind left, step forward on left turning a ¼ turn to left, (facing 12:00 wall)

REPEAT