

Treading Water

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Count: 32

Wall: 4

Level: Intermediate NC2S

Choreographer: Keith Stewart, Northern Ireland - 14th January 2017.

Music: Water by Little Hours

Please note:- a VERY quick start to this dance, you literally start when the singer does, two second intro!!!

SECTION 1 - R NIGHTCLUB BASIC, L QUARTER TURN, ¾ TURN L WITH A R CROSS ROCK, L CROSS ROCK WITH A TRIPLE TURN L.

- 1-2&** Step Right to right side, step left foot slightly behind right, recover weight onto right foot in place.
- 3-4&** Making a ¼ turn left, step forward on left foot. Making a further ½ turn left, step back on right foot, making a ¼ turn left step left foot out to left side.
- 5-6&** Rock right foot over left, recover weight onto left foot in place, step right foot to right side.
- 7&8&9** Rock left foot over right, recover weight onto right foot in place, make a triple full turn to left travelling to the left stepping left right left (you will be facing 12 o'clock wall on completion)

SECTION 2 - L BASIC, R BASIC, L ¼ TURN, R STEP PIVOT ½ TURN STEP, TRIPLE FULL TURN R TRAVELLING FORWARDS.

- 10&11** Step right foot slightly behind left, recover weight onto left foot, step right foot to right side.
- 12&13** Step left foot slightly behind right, recover weight onto right foot in place, making a ¼ turn left step forward on left foot.
- 14&15** Step forward on right foot, make a pivot ½ turn left, taking weight onto left foot, step forward on right foot.
- &16&** Travelling forwards, make a triple full turn right stepping left, right, left.

SECTION 3 - STEP R WITH L SWEEP, SYNCOPATED CROSS STEPS, L & R BASICS

- 17-18&19&20&** Step forward on right foot, sweeping left foot round from back to front, step left across right, step back on right foot, step left foot to left side, cross right foot over left, step left foot back, step right foot slightly to right side, taking weight ready to push to left.
- 21-22&** Step left foot to left side, step right foot slightly behind left, recover weight onto left foot.
- 23-24&** Step right foot to right side, step left foot slightly behind right, recover weight onto right foot.

SECTION 4 - ¼ TURN R BACK , L CROSS STEP, R & L BASIC, R ¼ TURN R, PENCIL FULL TURN R.

- 25-26&** Making a ¼ turn right, step back on left foot, step right beside left, step left slightly across right.

(NOTE - ON RESTART IN WALL FIVE, REPLACE STEPS 27-28& WITH THE FOLLOWING - STEP RIGHT FOOT TO RIGHT SIDE ON COUNT 27, THEN CROSS STEP LEFT OVER RIGHT ON COUNT 28, RESTART ON THE NEXT BEAT FROM BEGINNING)

- 27-28&** Step right foot to right side, step left foot slightly behind right, recover weight onto right foot in place.
- 29-30&** Step left foot to left side, step right foot slightly behind left, recover weight onto left foot in place.
- 31** Making a ¼ turn right, step forward on right foot.
- &32&** Step forward on left foot, pivot a ½ turn right, taking weight onto right foot, complete full turn right by bringing left foot in beside right, taking weight onto left foot.

Start Again.

Restart is on wall 5, section 4 , modify the steps, by replacing the right basic with a simple cross step on your left on count 28, then Restarting the dance on the next beat.

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