

SWEET HARMONY

LINEDANCE.COM

Count: 64

Wall: 2

Level: intermediate

Choreographer: Ray Cartwright

Music: Sweet Harmony by The Beloved

SIDE ROCKS, BEHIND SIDE CROSS, & CROSS & HEEL, & CROSS SIDE

- 1-2** Rock right to right side, recover on left
- 3&4** Cross right behind left, step left to left side cross right over left
- &5&6** Step left to side, cross right over left, step left to side, touch right heel to right diagonal
- &7-8** Small step back on right, cross left over right, step right to side (12:00)

SAILOR ¼ TURN, CROSS & SIDE, STEP, ¼ RONDE, CROSS SHUFFLE

- 1&2** Cross left behind right, turn ¼ left stepping right to side, step left to side (9:00)
- 3&4** Cross rock right over left, recover on left, step right to right side
- 5-6** Step forward on left, keeping weight on ball of left turn ¼ to left sweeping right out to side and in front of left (6:00)
- 7&8** Cross right over left, step left to left side, cross right over left

SIDE ROCKS, BEHIND, ¼ TURN, STEP, ROCK RECOVER, ¼ CHASSIS

- 1-2** Rock left to left side, recover on right
- 3&4** Cross left behind right, ¼ turn right stepping forward on right step forward on left (9:00)
- 5-6** Rock forward on right, recover on left
- 7&8** Turn ¼ right stepping right to side, step left together, step right to side (12:00)

CROSS, HITCH, CROSS, SWAYS, KICK & TOUCH, & HEEL & TOUCH

- 1&2** Cross left over right, hitch right, cross right over left

On step 1 face the right corner turning to the left corner as you hitch and then cross right over left

- 3&4** Step left to side straightening up on wall as you sway hips left, sway hips right, sway hips left
- 5&6** Kick right forward, step right next to left, touch left toes next to right

&7&8 Step left next to right, touch right heel forward, step right next to left, touch left toes next to right

& ROCK RECOVER, ½ SHUFFLE, ¼ PIVOT TURN, CROSS, POINT

&1-2 Step left next to right, rock forward on right, recover on left

3&4½ turn right stepping forward on right, step left next to right, step forward on right (6:00)

5-6 Step forward on left, ¼ pivot turn to the right (9:00)

7-8 Cross left over right, point right toes to right side

& POINT, ¼ TURN, COASTER STEP, ¼ TURN TWICE, ¼ TURN SIDE TOGETHER STEP

&1-2 Step right next to left, point left toes to left side, ¼ turn to left keeping weight back on right (6:00)

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

5-6¼ turn left stepping right to side, ¼ turn left stepping forward on left (12:00)

7&8¼ turn stepping right to side, step left next to right, small step forward on right (9:00)

ROCK RECOVER, ½ SHUFFLE, ¼ PIVOT TURN, ½ PIVOT TURN

1-2 Rock forward on left, recover on right

3&4½ turn left stepping forward on left, step right next to left, step forward on left (3:00)

5-6 Step forward on right, ¼ pivot turn to the left (12:00)

7-8 Step forward on right, ½ pivot turn to the left (6:00)

CROSS & SIDE TWICE, CROSS UNWIND, WALK, WALK

1&2 Cross rock right over left, recover on left, step right to side

3&4 Cross rock left over right, recover on right, step left to side

5-6 Cross right over left, unwind full turn left ending with weight on left

7-8 Step right forward, step left forward (6:00)

REPEAT