

Water And A Flame

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Count: 40

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK) August 2009

Music: 'Water And A Flame' by Daniel Merriweather (feat Adele) Album - Love & War 3 mins 39 secs version. - BPM 74 (approx)

16 Count Intro. Approx 13 seconds. Start just before the main vocals.

SIDE BACK ROCK, SIDE TOUCH SIDE, R SAILOR $\frac{1}{4}$ TURN L, L SAILOR $\frac{1}{2}$ TURN L WITH A CROSS.

- 1,2&** Step L to L side, cross rock R behind L, recover weight to L.
3&4 Step R to R side, drag L in and touch beside R, step L to L side.
5&6 Making a sailor $\frac{1}{4}$ turn L cross step R behind L, step L to L side, step R to R side.
7&8 Making a sailor $\frac{1}{2}$ turn L cross step L behind R, step R to R side, cross step L over R.

**** Tag & Restart from here during wall 6 begin again facing 12 o'clock-see note below (3 o'clock).**

$\frac{1}{4}$ TURN R, STEP $\frac{3}{4}$ TURN R, BEHIND SIDE, CROSS ROCK SIDE ROCK, CROSS BACK SIDE CROSS.

- 1** Make a $\frac{1}{4}$ turn R stepping forward on R.
2&3 Step forward on L, make a $\frac{3}{4}$ turn R, step L to L side.
4& Cross step R behind L, step L to L side.
5&6& Cross rock R over L, recover weight to L, rock R out to R side, recover weight to L.
7&8& Cross R over L, step back on L, step R to R side, cross step L over R. (3 o'clock).

SIDE, L SAILOR $\frac{1}{4}$ TURN L, WALK, STEP $\frac{3}{4}$ TURN R SIDE CLOSE, SIDE TOUCH SIDE.

- 1** Step R to R side.
2&3 Making a sailor $\frac{1}{4}$ turn L cross step L behind R, step R to R side, step slightly forward on L.
4 Walk forward on R.
5&6& Step forward on L, make a $\frac{3}{4}$ turn R, step L to L side, close R beside L.
7&8 Step L to L side, drag R in and touch beside L, step R to R side. (9 o'clock).

CROSS, $\frac{1}{4}$ TURN L, SIDE, STEP, RUN, RUN, ROCK RECOVER, RUN RUN, TOUCH $\frac{1}{2}$ TURN L.

- 1,2&3** Cross step L over R, make a $\frac{1}{4}$ turn L stepping back on R, step L to L side, step forward on R.
- 4&** Run forward L, run forward R.
- 5,6** Rock forward on L, recover weight to R.
- &7** Run back L, run back R.
- &8** Touch left toe back, unwind a $\frac{1}{2}$ turn L (weight forward on L). (12 o'clock).

STEP, STEP $\frac{3}{4}$ TURN R, SIDE, BEHIND $\frac{1}{4}$ TURN L, STEP $\frac{3}{4}$ TURN, SIDE, BACK ROCK.

- 1,2&3** Step forward on R, step forward on L and make a $\frac{3}{4}$ turn R, step L to L side.
- 4&** Cross step R behind L, make a $\frac{1}{4}$ turn L stepping forward on L.
- 5,6** Step forward on R, make a $\frac{3}{4}$ turn L (weight on L).
- 7,8&** Step R to R side, cross rock L behind R, recover weight to R. (9 o'clock).

****Tag & Restart**

During wall 6 (which starts facing 9 o'clock), dance up to and including count 6.

Replace counts 7&8 with:

MODIFIED L SAILOR $\frac{1}{2}$ TURN L WITH CROSS ROCK RECOVER

- 7&8&** Making a sailor $\frac{1}{2}$ turn L cross step L behind R, step R to R side, cross rock L over R, recover weight to R.

Then restart the dance from count 1 facing 12 o'clock.

Relax and enjoy xx

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