

The One You Slip Around With

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Count: 64

Wall: 4

Level: Improver

Choreographer: Alida Ho , NZ - May 2015

Music: "The One You Slip Around With" by Mary Duff. Album: The Essential Mary Duff (iTunes)

Intro: 10 Counts - Start on vocals

SECTION ONE: (1-8) TOE STRUT, CROSS TOE STRUT, SIDE ROCK CROSS, HOLD

1,2,3,4 Step forward on R toe, lower heel, Step forward on L toe, lower heel,

5,6,7,8 Rock to right with R, Recover on L, Cross R over L, hold.

SECTION TWO: (9-16) TOE STRUT, CROSS TOE STRUT, SIDE ROCK CROSS, HOLD

1,2,3,4 Step forward on L toe, lower heel, Step forward on R toe, lower heel,

5,6,7,8 Rock to left with L, Recover on R, Cross L over R, hold. #

SECTION THREE: (17-24) SIDE, BEHIND, ¼ RIGHT, FORWARD, ROCKING CHAIR

1-2-3-4 Step R to side, L behind, step R ¼ turn right, L forward

5-6-7-8 Step R forward, Recover on L, Step back on R, Recover on L (3.00)

SECTION FOUR: (25-32) MONTEREY ¼ RIGHT, BACK ROCK RECOVER, FORWARD SHUFFLE

1-2-3-4 Point R to right, ¼ turn right, Point L to left, Step L next to R

5-6,7&8 Rock back on R, Recover on L, Step forward on R, L together, forward on right (6.00)

SECTION FIVE: (33-40) CROSS POINT, CROSS POINT, ROCKING CHAIR

1-2-3-4 Cross L over R, Point R to right, Cross R over L, touch L to side

5-6-7-8 Rock forward on L, Recover on R, Rock back on L, Recover on R

SECTION SIX: (41-48) TOE STRUTS X 2, STEP PIVOT ½ RIGHT, STEP, HOLD

1-2-3-4 Step forward L toe, lower heel, Step forward R toe, lower heel

5-6-7-8 Step L, Pivot ½ right, Step L, Hold (12.00)

SECTION SEVEN: (49-56) FORWARD, TAP, BACK, KICK, SLOW BACK COASTER STEP, HOLD

1-2-3-4 Step forward R, tap L toe behind heel, Step back L, Kick R forward

5-6-7-8 Step R back, L together, R forward, Hold

SECTION EIGHT: (57-64) VINE TO THE LEFT, HOLD, BEHIND, ¼ TURN ROCK RECOVER, TOGETHER

1,2,3,4 Step L left to side, Step R behind L, Step L to side, hold

5,6,7,8 Step R behind, Step L ¼ turn left, rock back onto R, Step L next to R (9.00)

RESTART # ON WALL 3, dance to SECTION 2, COUNT 16, then RESTART FACING 6.00.

ENDING: Wall 6, Section 4, Count 4, facing 3.00. Side rock, ¼ turn left to the front wall.

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