

Theora Song

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Count: 112

Wall: 2

Level: Intermediate

Choreographer: Trizia Ruggiero [July 2017]

Music: Your Song / Rita Ora

Intro: 16 counts

S1. WALKS -STEP TOUCHES

1-4 Walk forward R-L-R-L

5-8 Step forward R - touch L beside R- step back L- touch R beside L

S2. STEP TOUCHES- HEEL BOUNCES

1-4 Step R back - touch L beside R- Step L forward -step R beside L

5-8 Bounce on heels x4

S3. REPEAT S1 WALKS AND STEP TOUCHES

S4. REPEAT S2 STEP TOUCHES -HEEL BOUNCES

S5. VINE-VINE QUARTER TURN

1-4 Step R to side-step L behind R- step R to side - touch L beside R

5-8 Step L to side - step R behind L- step L quarter turn L- touch R beside L

S6. ROCKING CHAIR - PIVOT HALF TURNS

1-4 Rock forward on R- recover on L- rock back on R- recover on L

5-8 Step forward on R -pivot half turn [over L shoulder] - step forward on R -pivot half turn L

S7. JAZZ BOX QUARTER TURN - KICK BALL CHANGES X2

1-4 Cross R over L- step back quarter turn on L- step R to side - step L beside R

5&6 Kick R forward [5] weight onto ball of L [&] recover on R

7&8 Kick R forward [7] weight onto ball of L [&] recover on R

S8. LONG SIDE STEP - SLIDE TOGETHER- KNEE POPS

1-4 Step R long step to R- slide L beside R

5-8 Bend R knee across L - recover- bend L knee across R -recover- bend R knee across L, recover, Bend L knee across R recover

S9. ROCK - HALF TURN SHUFFLES

1 2 3&4 Rock forward on R - half turn R -shuffle forward

5 6 7&8 Rock forward on L - half turn L- shuffle forward

S10. ROCK & COASTERS

1 2 3&4 Rock forward on R- recover on L- sweep R back [3] weight on ball of L[&] recover on R[4]

5 6 7&8 Rock forward on L-recover on R- sweep L back[7] weight on ball of R[&] recover on L[8]

S11. CROSS -SIDE -SAILOR STEP

1 2 3&4 Cross R over L - step L to side- sweep R behind L - weight on ball of L -recover on R

5 6 7&8 Cross L over R- step R to side - sweep L behind R - weight on ball of R- recover on L

S12. ROCKING CHAIR - PIVOT HALF TURN -TOUCH-HOLD

1-4 Rock forward on R-recover on L- rock back on R- recover on L

5-6 Step forward R - pivot half turn[over L shoulder]

7-8 Touch R beside L -hold

S13. SKATES- STEP POINT- STEP TOUCH

1-4 Skate forward R-L-R-L

5-6 Step forward R- point L to side

7-8 Step forward L- touch R beside L

S14. LONG SIDE STEP- KNEE POPS

1-4 Step R long step to R- Slide L beside R

5-8 Bend R knee across L-recover- bend L across R recover- bend R across L- recover-bend L across R -recover

END OF DANCE

FOOTNOTE: At End Of Wall 2 Repeat Sections 9-10-11-12 Twice

Then Repeat Sections 13-14 Twice To Finish Dance

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