

# Time to Retox

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Pat Esper - April 2018

**Music:** "Retox" by Big Smo (feat. Todd Nielson)

**Dance Map: 32(intro)-32-32-16 restart-32-32-16 restart-32-32**

**[1-8]: Walk, Walk, Mambo, Walk, Walk, Mambo**

**1-2.**Step forward on the right foot. Step forward on the left foot.

**3&4.**Rock the right foot to the side, Recover onto the left foot, Step the right foot next to the left.

**5-6.**Step forward on the left foot. Step forward on the right foot.

**7&8.**Rock the left foot to the side, Recover onto the right foot, Step the left foot next to the right.

**[9-16]: Step, Turn (with hip roll), Step, Turn (with hip roll), Rock, Recover, Step back, Coaster step**

**1-2.**Step forward on the right foot. Make a quarter turn left while rolling hips counter clockwise.

**3-4.**Step forward on the right foot. Make a quarter turn left while rolling hips counter clockwise.

**5&6.**Rock forward on the right foot, Recover onto the left foot, Step back on the right foot.

**7&8.**Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.

**[17-24]: Step-Lock-Step, Step-Lock-Step, Step, Turn, Cross, Turn (hinge turn)**

**1&2.**Step forward on the right at a slight angle, Step the left foot up behind the right, Step forward on the right foot at a slight angle.

**3&4.**Step forward on the left foot at a slight angel, Step the right foot up behind the left, Step forward on the left foot at a slight angle.

**5-6.Step forward on the right foot. Turn a quarter turn to the left.**

**7&8.Step the right foot across the left, Step the left foot to the side, Turn a half turn to the right and step the right foot to the side.**

**[25-32]: Modified Rumba Box, Heel Switch, Heel Switch, Step, Turn**

**1-2.Step the left foot across the right. Step back on the right foot.**

**3&4.Step the left foot to the side, Step the right foot next to the left, Step in place on the left foot.**

**5&6&.Touch the right heel forward, Step the right foot next to the left, Touch the left heel forward, Step the left foot next to the right.**

**7-8.Step forward on the right foot. Turn a quarter turn to the left.**

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