

# Nirvana

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**Count:** 32      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Val O'Connor ( November 2018 )

**Music:** Nirvana by Adam Lambert. Album: Trespassing ( 4.20 Mins Approx )

## **INTRO: 8 Counts ( 4 secs )**

**BACK R, ½ L, WEAVE L, LUNGE L, SWAY R L, & CROSS L SIDE R, BEHIND SIDE CROSS, ROCK R**

1-2      Step back on R (sweep L) , ½ L step forward L (sweep R) (6)

3&a4Cross R over L, (&) L to L side, (a) cross R behind L, lunge L to L side

5-6&a7Sway R L, (&) step R next to L, (a) cross L over R, long step to R (drag L ) (6)

8&a1L behind R, (&) R to R side, (a) cross L over R, turn 1/8 R rock forward on R (Facing L diagonal 7.30)

## **L COASTER STEP, FORWARD R, CROSS L BACK R ½ L, SWAY RLR, WEAVE R, SIDE R**

2&a3Step back on L, (&) R next to L, (a) forward L, step forward R

4&aCross L over R, (&) step back R, (a) ½ L step forward L (1.30)

5-6-7      Sway forward on R, sway back on L, sway forward R

8&a11/8 R Cross L over R, (&) R to R side, (a) cross L behind R, step R long step to R (3)

**CROSS L, BACK R ¼ L , SIDE L, 1/8 L FORWARD R, RUN LRL, R ROCK, R BACK LOCK STEP, L SAILOR SIDE ROCK**

2&a3Cross L over R, (&) ¼ L step back R, (a) L to L side, 1/8 L step forward on R (10.30)

4&a5Run forward L, (&) run forward R, (a) run forward L, rock forward on R

6&a7Recover back on L, (&)step back R, (a) cross lock L over R, step back R ( sweep L )

8&a11/8 R cross L behind R, (&) R to R side, (a) rock L to L side, recover on R (12)

**L ROCK BACK SIDE L, BACK R, ½ L SAILOR, R CROSS ROCK, SIDE R CROSS L , SIDE R, L ROCK BACK SIDE L**

**2&a3Rock L behind R, (&) recover on R, (a) L to L side, step back on R (sweep L)**

**4&a½ L cross L behind R, (&) R to R side, (a) L to L side (6)**

**5-6&aCross rock R over L, recover back on L, (&) R to R side, (a) cross L over R**

**7-8&aStep R to R side, rock L behind R, (&) recover onto R, (a) step L to L side**

**Start Again**

**TAGS: End of walls 1 & 3**

**Repeat counts 5 to 8&a at end of section 4 then restart from beginning**

**ENDING WALL 7: To face the front dance up to section 3 counts 4&a5 ( no 1/8 turn )**