

On The Sesh

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Count: 32 **Wall:** 2 **Level:** High Beginner

Choreographer: Micaela Svensson Erlandsson (SWE) - November 2021

Music: - Derek Ryan

#16 count intro

Section 1: HEEL JACKS, CLAPS

1& 2& 3& 4 R Heel Jack, L Heel Jack, R Heel Jack- Hold, 2 claps

5& 6& 7& 8& L Heel Jack, R Heel Jack, L Heel Jack- Hold, 2 claps, Transfer weight to L foot

Section 2: ROCK, RECOVER, BEHIND SIDE CROSS

1, 2, 3 & 4 Step side R, recover L, Step R foot behind, Step L foot side, Cross R in front

5, 6, 7 & 8 Step side L, recover R, Step L foot behind, Step L foot side, Cross L in front

Section 3: TOE AND HEEL SWITCHES, ROCK, RECOVER, COASTER

1 &2& Point R toe to side, Step on R foot, Point L toe to side, Step on L foot

3&4& R heel Jack, Left Heel Jack, Step on Left foot

5, 6, 7&8 Rock forward R, Recover Left, Back Coaster R

Section 4: STEP, ¼ TURN TO THE RIGHT, SHUFFLE Cross, V STEP

1, 2, 3&4 Step forward L, Recover R while doing ¼ turn to the R, Step R, Cross Shuffle L

5, 6, 7, 8 V step (Out R, Out L, In R, In L)

No Tags, No Restarts - Have fun dancing!

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