

Through It All

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

Choreographer: Trish Foster (AUS) & Bec Jones (AUS) - August 2022

Music: - Lewis Capaldi

Intro: 16 Counts

Section 1 Step, Pivot Turn, Shuffle Forward, Step Pivot Turn Shuffle Forward

- 1,2, Step R Forward, Turn $\frac{1}{2}$ L, Weight onto L.
3 & 4 Step R Forward, Step L Together, Step R Forward
5,6, Step L Forward, Turn $\frac{1}{2}$ R, Weight onto L.
7 & 8 Step L Forward, Step R Together, Step L Forward

Section 2 Side Rock-Recover, Cross Shuffle, Side, Behind, $\frac{1}{4}$ Turn Shuffle

- 1,2,3 & 4 Rock R to right side, recover on L, Cross R over L, Step L on L Side, Cross R over L
5,6,7 & 8 Step L to side, Step R behind Left, Step L $\frac{1}{4}$ turn left, Step R next to L, L forward

Section 3 Step, Pivot Turn, Kick-Ball-Change, Forward Shuffle, Step, Pivot Turn

- 1,2, 3 & 4 Step R Forward, Turn $\frac{1}{2}$ L, Kick R Forward, Step on ball of R next to L raising L, step on L
5,6, 7 & 8 Step R Forward, Step L Together, Step R Forward, Step L Forward, Turn $\frac{1}{2}$ R, Weight onto R,

Section 4 Shuffle Forward, Step, Pivot Turn, Kick-Ball-Change, Kick-Ball-Change

- 1 & 2,3,4 Step L Forward, Step R Together, Step L Forward, Step R Forward, Turn $\frac{1}{4}$ L, weight on L
5 & 6,7 & 8 Kick R Forward, Step on ball of R next to L raising L, Step on L x 2

Last Update: 9 Sep 2022