

Atlantic Cha

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Hayley Wheatley (UK) & Rob Holley (USA) - July 2022

Music: - Midland : (CD: The Last Resort: Greetings From - iTunes)

Intro: 24 (start vocals)

[1-8] WALK FORWARD (3X), ROCK RECOVER ¼ TURN STEP, CROSS, SIDE, BEHIND SIDE ROCK

- 1-2-3** Step R forward (1), step L forward (2), step R forward (3)
- 4&5** Rock L forward (4), recover weight on R (&), turn ¼ L & step L to L side (5) (9:00)
- 6-7** Cross R over L (6), step L to L side (7)
- 8&1** Step R behind (8), step L to L side (&), cross rock R over L (1) (7:30)

[9-16] RECOVER, BALL STEP, CROSS ROCK RECOVER, BALL STEP, FWD ROCK RECOVER, STEP BACK, HIP BUMPS, BALL STEP

- 2** Recover weight on L (2)
- &3-4** Step ball of R next to L (&), cross rock L over R (3), recover weight to R (4) (10:30)
- &5-6** Step ball of L next to R (&), rock R forward (5), recover weight on L (6) (9:00)
- 7&8** Step R back touching L toe fwd (7), rock/push hips slightly forward (&), rock/push hips back (8)
- &** Step ball of L next to R (&)

Restart here on walls 3 & 7, see note

[17-24] WALK, WALK, ½ TURN STEP BACK, SHUFFLE BACK, ¼ TURN, SIDE TOUCHES (3X)

- 1-2-3** Step R forward (1), step L forward (2), turn ½ L & step R back (3) (3:00)
- 4&5** Step L back (4), step R next to L (&), step L back (5)
- &6** Turn ¼ R & step R to R side (&), touch L next to R (6) (6:00)
- &7** Step L to L side (&), touch R next to L (7)
- &8** Step R to R side (&), touch L next to R (8)

[25-32] BALL CROSS, ¼ TURN STEP, ¼ TURN STEP, BEHIND, 1/4 TURN STEP, STEP, ROCK RECOVER, COASTER STEP

- &1** Step L next to R (&), cross R over L (1)
2 Turn ¼ L & step L forward (2) (3:00)
3 Turn ¼ L & step R to R side (3) (12:00)
4&5 Step L behind R (4), turn ¼ R & step R forward (&), step L forward (5) (3:00)
6-7 Rock R forward (6), recover weight on L (7)

(Styling option - replace rock recover with a body roll)

- 8&** Step R back (8), step L back (7)

NOTE: On restart #1 you'll be facing 3:00, on restart #2 you'll be facing 9:00.

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<https://www.facebook.com/groups/938764216223611/>

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