

# Astronaut

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**Count:** 32

**Wall:** 2

**Level:** Advanced Rolling Count

**Choreographer:** Simon Ward (AUS) & Roxanne Moates (AUS) - April 2026

**Music:** Astronaut - Griff : (Album: Vertigo)

**Notes: Dance starts on vocals, 16 count intro**

**Restart on wall 2 (see notes below)**

**End dance on count 31 stepping left forward facing front wall**

**[1-8] ¼ turn R & rock, Full turn left, Cross R weave, L side, 3/8 turn R, L fwd with ½ turn L, R back, ¼ L, ¼ L**

**1-2** Turn ¼ turn right rocking right to right side, Recover weight on left turning ¼ turn left 12.00

**a3** Turn ½ turn left stepping back on right, Turn ¼ turn left stepping left to left side sweeping right forward 3.00

**4&a** Cross/step right over left, Step left to left side, Step right behind left 3.00

**5-6** Rock/step left to left side, Recover weight onto right turning 3/8 turn right 7.30

**7** Step left forward turning ½ turn left (allow right foot to follow) 1.30

**8&a** Step right back, Turn ¼ turn left stepping left to left side, Turn ¼ turn left stepping right forward 7.30

**[9-17] L fwd, Pivot ½ R, ½ R stepping R back, 3/8 turn R & sweep, Cross L weave, Body sways, Rolling turn L**

**1-2** Step left forward, Pivot ½ turn right taking weight onto right 1.30

**a3** Turn ½ right stepping left back, Turn 3/8 turn right stepping right forward sweeping left forward 12.00

**4&a** Cross/step left over right, Step right to right side, Step left behind right 12.00

**5-7** Rock/step right to right side swaying body to right, Recover weight onto left swaying body to left, Recover weight onto right swaying body to right whilst dragging left towards right 12.00

**8a1** Turn  $\frac{1}{4}$  turn left stepping left forward, Turn  $\frac{1}{2}$  turn left stepping right back, Turn a further  $\frac{3}{8}$  turn left stepping left side whilst slightly hitching right knee 10.30

**[18-23] Rock/recover turning  $\frac{1}{2}$  R, R fwd, Spiral turn R, R fwd, Pivot  $\frac{1}{2}$  L, R fwd,  $\frac{1}{8}$  L,  $\frac{1}{8}$  L & step R fwd, Pivot  $\frac{1}{2}$  L**

**2&a** Rock/step (push) right slightly forward, Recover weight back on left whilst turning  $\frac{1}{2}$  turn right, Step right slightly forward 4.30

3 Step left forward turning a full spiral turn right (keep weight on left) 4.30

**4a5** Step right forward, Step left forward, Pivot  $\frac{1}{2}$  turn right taking weight onto right 10.30

6 Turn  $\frac{1}{4}$  turn left stepping left slightly forward 4.30

**a7** Step right forward, Pivot  $\frac{1}{2}$  turn left taking weight onto left sweeping right forward 1.30

**[24-32] R twinkle, Fall away diamond L to 6.00, Step R back. L fwd, R fwd, L fwd, Pivot  $\frac{1}{2}$  R, R fwd,  $\frac{1}{2}$  turn R**

**8&a** Cross/step right over left, Rock/step left to left side, Recover weight onto right (travel slightly forward) 1.30

**1&a** Cross/step left over right. Turn  $\frac{1}{8}$  turn left stepping right to right side, Turn  $\frac{1}{8}$  turn left stepping left back 10.30

**2&a** Step right back, Turn  $\frac{1}{8}$  turn left stepping left to left side, Turn  $\frac{1}{8}$  turn left stepping right forward 7.30

**3&a** Cross/step left over right, Turn  $\frac{1}{8}$  turn left stepping right to right side, Step back on left 6.00

4 Large step back on right hooking left foot in front of right 6.00 **\*\*RESTART ON WALL 2 - see notes below\*\***

5-6 Step left forward, Step right forward 6.00

7 Step left forward pivoting  $\frac{1}{2}$  turn right keeping weight onto left 12.00

**8a** Step right slightly forward, Turn  $\frac{1}{2}$  turn right stepping left back 6.00

**Restart Notes - At the end of wall 2 (facing front wall)**

**Restart after count 28 - Large step back on right followed by stepping slightly back on left on the “&” count to restart**

**Timing & Styling Notes:**

**Pay close attention to the contrast between the 1&a2 and 1a2 rhythms throughout the dance. Let the 1&a2 timing roll smoothly, while allowing the 1a2 timing to breathe and develop with control. Resist the urge to rush either rhythm, focusing instead on flow, balance and musicality**

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