

Love Is The Foundation

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Vera Kuiper (Dec 2012)

Music: Love is the foundation by Heidi Hauge

Start on vocal

Side rock, Cross & Cross, Side rock, Behind 1/4 turn right, Step.

1RF rock to the side

2 Rock back on LF

3RF cross over LF

&LF step to the side

4RF cross over LF

5LF rock to the side

6 Rock back on RF

7LF cross behind RF

&RF 1/4 turn right step forward

8LF step forward

Rock step, Sweep, Sweep, Back rock, Shuffle.

1RF rock forward

2 Rock back on LF

3RF sweep backwards step backwards

4LF sweep backwards step backwards

5RF rock backwards

6 Rock back on LF

7RF step forward

&LF step next to RF

8RF step forward

Pivot 1/2 turn right, Shuffle turn, Back rock, Pivot 1/4 turn left.

1LF step forward

2LF + RF 1/2 turn right

3LF 1/4 turn right step to the side

&RF step next to LF

4LF 1/4 turn right step forward

5RF rock backwards

6 Rock back LF

7RF step forward

8RF + LF 1/4 turn left

Cross & Cross, 1/4 turn right, 1/4 turn right, Cross & Cross, side rock.

1RF cross over LF

&LF step to the side

2RF cross over LF

3LF 1/4 turn right step backwards

4RF 1/4 turn right step to the side

5LF cross over RF

&RF step to the side

6LF cross over RF

7RF rock to the side

8 Rock back on LF

Rock step, Triple step 3/4 turn right, Rock step, Triple step 1/2 turn left.

1RF rock forward

2 Rock back on LF

3RF step in place 1/4 turn right

&LF step in place 1/4 turn right

4RF step in place 1/4 turn right

5LF rock forward

6 Rock back on RF

7LF step in place 1/4 turn left

&RF step next to LF

8LF step in place 1/4 turn left

Prissy step, Prissy step, Rock step, Coaster step, Pivot 1/2 turn right.

1RF Cross over LF

2LF cross over RF

3RF rock forward

4 Rock back on LF

5RF step backwards

&LF step next to RF

6RF step forward

7LF step forward

8LF + RF 1/2 turn right

Shuffle turn right, Back rock, Side step together, Shuffle.

1LF 1/4 turn right step to the side

&RF step next to LF

2LF step 1/4 turn right step forward

3RF rock backwards

4 Rock back on :F

5RF step to the side

6LF step next to RF

7RF step forward

&LF step next to RF

8RF step forward

Side step together, Shuffle, Back rock, Prissy walk, Prissy walk.

1LF step to the side

2RF step next to Rf

3LF step backwards

&RF step next to LF

4LF step backwards

5RF rock backwards

6 Rock back on LF

7RF cross over LF

8LF cross over RF

START AGAIN

TAG: After wall 2 Side rock cross & cross 2x

1RF rock to the side

2 Rock back on LF

3RF cross over LF

&LF step to the side

4RF cross over LF

5LF rock to the side

6 Rock back on RF

7LF cross over RF

&RF step to the side

8LF cross over RF

And start again

Ending: Dance wall 4 till count 6 and make 1/4 turn right, 1/2 turn right, step forward

HAVE FUN