

# Fifty Shades

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**Count:** 112

**Wall:** 2

**Level:** Phrased Intermediate / Advanced West Coast

**Choreographer:** Tina S. Rasmussen, Benedikte & Merethe Rike Grønlund - May 2015

**Music:** Love Me Like You Do by Ellie Goulding

**Sequences: AA BA A(20 counts) CB BA(16 counts) DB A(20 counts)**

**Part A - 32 counts**

**A1: Side, cross over  $\frac{1}{4}$  turn L, coaster step, Pivot turn L**

**1RF Step R**

**2LF cross over R**

**&RF  $\frac{1}{4}$  turn L, step back**

**3LF step back**

**4RF step back**

**&LF Step together**

**5RF Step forward**

**6LF Step forward**

**7RF  $\frac{1}{2}$  turn L (3.00)**

**&LF  $\frac{1}{2}$  turn L (9.00)**

**8RF Step forward**

**A2: Rock, recover X2, step out x2,  $\frac{1}{2}$  turn L, hold**

**1LF Rock forward**

**2RF Recover**

**&LF together**

**3RF Rock forward**

**4LF Recover**

**&RF Step out**

**5LF Step out**

**6RF cross over L**

**7LF ½ turn L (3.00)**

**8RF Hold**

**A3: Slide down , cross twinkle, hold**

**1RF Point R, slide down**

**2RF Touch R hand on the Floor**

**3RF Rise**

**4RF Drag towards LF**

**5RF Cross over LF**

**&LF Step beside RF**

**6RF Step towards (4.30)**

**7LF Step forward (4.30)**

**8LF Hold**

**A4: Hold, 1 3/8 turn, weave, ½ turn, sweep**

**1LF 3/8 turn L (12.00)**

**2RF ½ turn L (6.00)**

**3RF ½ turn L (12.00)**

**4RF Hold**

**5RF Cross over LF**

**&LF Step L**

**6RF Cross behind L**

**7LF ¼ turn L sweep RF forward (9.00)**

**8LF ¼ turn L sweep RF forward (6.00)**

**Part B - 32 counts ( starts always at 12.00)**

**B1: Step out, Ball hitch, step, cross, ¾ turn L, step, rock**

**&RF Step out**

**1LF Step out ( weight on RF)**

**2LF Ball Hitch R (to the right)**

**3RF step R**

**4LF cross over RF**

**&RF Step side**

**5LF cross behind RF**

**6RF ¼ turn L step back (9.00)**

**&LF ½ turn L step forward (3.00)**

**7RF Step forward**

**8LF Rock forward**

**B2: Step back x2, side rock ½ turn, side rock, hold**

**1RF Step back**

**2LF Step back**

**&RF ¼ t L (12.00)**

**3LF Step L**

**4RF Rock R**

**5LF Recover**

**6RF ½ turn L rock R (6.00)**

**7LF Recover**

**8LF Hold**

**B3: Hip Bump x4**

**1RF Touch in front (6.00)**

**2RF Step down ½ turn L (12.00)**

**3LF Touch in front**

**4LF Step down ¼ turn R (3.00)**

**5RF Touch in front**

**6RF Step down ½ turn L (9.00)**

**7LF Touch in front**

**8LF Step down**

**B4: ½ Diamond, Spiral turn, unwind, Ball step, hold**

**1RF Cross over L (10.30)**

**&LF Step L (12.00)**

**2RF Step behind LF ( 1.30)**

**3LF Step back ( 1.30)**

**&RF Step beside LF**

**4LF Cross over RF ( weight on LF)**

**5LF Full turn unwind**

**6LF Weight on LF**

**&RF Ball**

**7LF Step forward ( 1.30)**

**8RF Hold**

**Part C - 12 counts (Starting at 9.00)**

**C1: Full Diamond**

**1RF Cross over LF(turn 2/8 over L ) (7.30)**

**&LF Step forward**

**2RF Step side (6.00)**

**3LF Cross behind RF (turn 2/8 over L)**

**&RF Step back**

**4LF Step side (turn 2/8 over L) (3.00)**

**5RF Cross over LF (turn 2/8 over L) (1.30)**

**&LF Step forward**

**6RF Step side (turn 2/8 over L) (12.00)**

**7LF Cross behind RF (turn 2/8 over L)(10.30)**

**&RF Step back ( turn 2/8 over L) (9.00)**

**8LF Turn  $\frac{1}{4}$  to L (6.00)**

**C2: 2  $\frac{1}{2}$  turn forward diagonally**

**1RF  $\frac{3}{8}$  turn to R step forward (10.30)**

**2LF  $\frac{1}{2}$  turn R step back (4.30)**

**3RF  $\frac{1}{2}$  turn R step forward (10.30)**

**4LF 1 1/8 turn R (12.00)**

**Part D - 36 counts(starting at 3.00)**

**D1: Step, Full Diamond**

**1RF Step forward (1.30)**

**2LF Step forward**

**&RF Step side (2/8 turn L) (12.00)**

**3LF Step back (10.30)**

**4RF Step back**

**&LF Step side (2/8 turn L) (9.00)**

**5RF Step forward (7.30)**

**6LF Step forward**

**&RF Step side (2/8 turn L) (6.00)**

**7LF Step back (4.30)**

**8RF Step back**

**D2: "Shades" x 4 with 1/2 turns**

**1LF 1/2 turn forward, sweep RF forward**

**2RF Step down**

**3LF 1/2 turn Ball RF sweep backwards**

**4RF Step down**

**5LF 1/2 turn Ball RF sweep forward**

**6RF Step down**

**7LF 1/2 turn Ball RF sweep backwards**

## **8RF Step down**

### **D3: "Shades" x 1, Diamond**

**1LF ½ turn Ball RF sweep forward**

**2RF Cross over LF (10.30)**

**&LF Step L ( turn 2/8 over R) (12.00)**

**3RF Step back**

**4LF Step back (turn 2/8 over R) (1.30)**

**&RF Step side (turn 2/8 over R)(3.00)**

**5LF Cross over R (4.30)**

**6RF Step forward**

**&LF Step side (turn 2/8 over R) (6.00)**

**7RF Step back (turn 2/8 over R) (7.30)**

**8LF Step back**

**&RF Step side (turn 2/8 over R) ( 9.00)**

### **D4: Step, walk around in Circle, holdx2**

**1LF Step forward (10.30)**

**2RF Walk**

**3LF Walk**

**4RF Walk**

**5LF Walk**

**6RF Walk**

**7BF Hold (12.00) ( Strech your arms**

**8BF Hold forward towards the sky..)**

**D5: Hold x4**

**1-4BF Hold**

**Starts on 5....**

**Ending: Dance Part A to count 20, turn  $\frac{3}{4}$  (instead of  $\frac{1}{2}$  turn) turn to the front.....  
(12.00)**

**Enjoy this fantastic music... and dance !!!**

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