

Footprints In The Sand

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Count: 32

Wall: 4

Level: Advanced Nightclub

Choreographer: Dee Musk (UK) Feb 08

Music: 'Footprints In The Sand' - Leona Lewis - Album Leona Lewis - Spirit

(14 Count Intro) - start just before main vocals on first beat. Approx (14 secs).

SIDE LUNGE, ¼ TURN R, TOGETHER WITH DIP, UNWIND ¾ TURN R WITH SWEEP, BEHIND SIDE STEP, STEP WITH SWAYS, BACK CROSS BACK.

- 1,2&** Bending L knee lean and lunge out to the L side keeping R leg straight with toe pointed, make a ¼ turn R placing weight forward on R, step L beside R and dip bending knees slightly.
- 3** Straightening up make a ¾ turn R sweeping R around behind L.
- 4&5** Cross step R behind L, step L to L side, step forward on R.
- 6&7** Step forward on L swaying hips forward, back, forward.
- 8&1** Step back on R, cross step L over R, step back on R. (12 o'clock).

BACK CROSS BACK TOGETHER, STEP STEP, FULL SPIRAL TURN, STEP, STEP PIVOT STEP.

- 2&3&** Step back on L, cross step R over L, step back on L, step R beside L.
- 4&** Step forward on L, step forward on R.
- 5,6** Turning L make a full spiral turn on the ball of R, step forward and down on L.
- 7&8** Step forward on R, make a ½ turn L, step forward on R. (6 o'clock).

½ TURN R, ¼ TURN R WITH SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN R, ¼ TURN R WITH SIDE STEP, TOGETHER CROSS, SIDE TOGETHER, CROSS ROCK WITH RONDE.

- &1** Travelling forward make a ½ turn R stepping back on L, make a ¼ turn R stepping R to R side.
- 2&** Cross rock L behind R, recover weight to R. ** Tag 2 during wall 5, then restart.
- 3** Step L to L side.
- 4&5** Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side.
- 6&** Step L beside R, cross R over L.
- 7** Step L to L side..

8&1 Close R beside L, cross rock L over R, recover weight to R whilst ronde L around and behind R. (9 o'clock).

BEHIND SIDE STEP, TWIST ½ TURN R, TWIST A FULL TURN L, BEHIND SIDE CROSS, ¼ TURN L ¼ TURN L CROSS.

2&3 Step L behind R, step R to R side, step forward on L.

4 With knees slightly bent and weight forward on L twist a ½ turn R replacing weight to ball of R.

5 Keeping knees slightly bent and weight forward on ball of R twist a full turn L sweeping L round and behind R. * (Option hold count 5 with weight on ball of R).

6&7 Cross step L behind R, step R to R side, cross step L over R.

&8& Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, cross R over L. (9 o'clock).

Begin again.

TAG 1 - End of 1st wall facing 9 o'clock.

SIDE TOGETHER CROSS, SIDE TOGETHER CROSS.

1,2& Step L to L side, close R beside L, cross L over R.

3,4& Step R to R side, close L beside R, cross R over L.

TAG 2 - During 5th wall facing 3 o'clock, then restart.

HIP SWAYS

1-2 Step L to L side and sway L, sway R.

Ending - music slows keep dancing through. On last wall facing 9 o'clock do counts 1 thru 5, then unwind a ¾ turn left to face the front.

Relax and Lose yourself - Enjoy J Luv Dee xx