

# Listen To My Own Advice

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**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Sebastiaan Holtland , Netherlands (13-02-2014)

**Music:** Little Me (Unplugged) by Little mix. Album: Salute (Deluxe Edition)

## Start dancing at (15 sec)(Nightclub motion)

### ½ Diamond Fallaway L 2x.

- 8&1** Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.
- 2&3** Turn 1/8 left (9) step Rt back, step Lt to the left, step Rt fwd.
- 4&5** Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.
- 6&7** Turn 1/8 left (6) step Rt back, step Lt to the left, step Rt fwd.

### Contra Body Check Fwd, Recover, Sweep L, Behind, Side, Step, ½ Pivot L, ½ L, Back, ¼ L, Side.

- 8&1** Check Lt fwd (contra body), recover on Rt, sweep Lt from front to back.
- 2&3** Step Lt behind Rt, step Rt to the right, step Lt slightly fwd.
- 4-5** Step Rt fwd, turn ½ left (12) take weight onto Lt.
- 6-7** Turn ½ Rt left (6) step Rt slightly back, turn ¼ left (3) step Lt to the left.

### Back Rock, Recover, Side, Back Rock, Recover, Side, Side Rock, Recover ¼ L, Sweep R, Cross Rock, Recover, Side.

- 8&1** Rock Rt Back, recover on Lt, step Rt to the right.
- 2&3** Rock Lf back, recover on Rt, step Lt to the left.
- 4&5** Rock Rt to the right, turn ¼ left (12) recover on Lf, sweep Rt from back to front.
- 6&7** Rock Rt across Lt, recover on Lt, step Rt to the right.

### Runs Fwd L-R-L, Walks Back R-L, Back, ½ L Runs Fwd L-R, Hip Sway L, Hip Sway R.

- 8&1** Stepping Lt fwd, stepping Rt fwd, stepping Lt fwd.
- 2-3** Walk Rt back, walk Lt back.
- 4&5** Step Rt back, turn ½ left (6) stepping Lt fwd, stepping Rt fwd.
- 6-7** Sway L hips to left, sway R hips to right.

## Start again and have fun!

**Contact: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)**

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