

# GOING THROUGH THE MOTIONS

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Debbie Hogg

**Music:** I Know She Still Loves Me by Sean Kenny

## STEP TURN TWICE, STEP, HOLD, STEPS BACK WITH ½ TURN, TURN

**Start facing left diagonal front, in 3rd, right foot in front with heel raised, head turned to right diagonal front. Turn & travel towards right diagonal front**

- 1 Step right foot making ½ turn right
- & Step left foot making ½ turn right (you have now completed full turn)
- 2& Repeat steps 1& (you have now completed 2x full turns)

**Easier option: traveling diagonally forward: step right foot forward, close, step right foot forward, close**

- 3-4 Step right foot forward, hold
- 5& Make ¼turn left on ball of right foot step left foot to left side, step right foot beside left
- 6 Make ¼turn left on ball of right foot step left foot forward

**You should now be facing left diagonal back**

- 7-8 Sweep right toe around turning left on ball of left foot to finish facing home wall feet together (5/8th turn left!), step left foot in place

## STEP ACROSS, KICK, CROSS, SIDE, BEHIND, SAILOR SHUFFLES TWICE

- 1-2 Cross step right foot over left, kick left foot to left diagonal front
- 3&4 Cross step left foot over right, step right foot to right side (slightly back), step left foot behind right
- 5&6 Sweep right toe around into right sailor shuffle
- 7&8 Left sailor shuffle (optional full turn left: cross left foot behind right, unwind)

## WEAVE LEFT, ROCK, WEAVE RIGHT, ROCK

- 1& Cross step right foot over left, step left foot to left side
- 2& Cross step right foot behind left, step left foot to left side
- 3-4 Cross rock right foot over left, rock back onto left foot

- &** Step right foot beside left
- 5&** Cross step left foot over right, step right foot to right side
- 6&** Cross step left foot behind right, step right foot to right side
- 7-8** Cross rock left foot over right, rock back onto right

**½ PIVOT TURN, LOCK STEPS, CROSS, STEP, LONG STEP, SLIDE**

- &** Step left foot beside right
- 1-2** Step right foot forward, ½ pivot turn to left
- 3-4** Step right foot forward, lock left foot behind right
- 5&6** Step right foot forward, cross step left foot over right, step right foot back
- 7-8** Long step back on left foot, slide right foot beside left

**REPEAT**