

# Chasing Pavements

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**Count:** —                      **Wall:** —                      **Level:** Phrased Intermediate

**Choreographer:** Shaz Walton (April 2008)

**Music:** Chasing Pavements By Adele

**Sequence: A:B:A:B:A:A (4 Count Tag) B**

**Count in: 30 Counts From 1st Lyrics On the lyrics "If I Tell the world"**

## **PART A:**

**Side. Rock. Recover. Sweep. Cross. Back. Drag. Back. Back. Forward.  $\frac{3}{4}$  rhonde. Touch.**

- 1-2&**        Step left to left side. Rock back on right. Recover on left
- 3**            Sweep right from behind left in front of right.
- 4&5**        Cross step right over left. Step back left. Step right a big step back dragging left up to right.
- 6&7**        Step back left. Step back right. Step forward left. (prep)
- 8**            Make a  $\frac{3}{4}$  turn left on the ball of left foot with right leg lifted and bent at the knee touching right to ride side.

**Side .Rock. Recover. Side. Rock. Recover Recover.  $\frac{1}{4}$  right.  $\frac{1}{2}$  right. Ball lock steps forward.**

- 1&2**        Step right to right. Rock left behind right. Recover on right (sway upper body gracefully)
- 3&4**        Step left to left. Rock right behind left. recover on left. (sway upper body gracefully)
- 5&**            Step right  $\frac{1}{4}$  turn right. Make  $\frac{1}{2}$  turn right stepping back on left.
- 6&7**        Raise up on to balls of feet- stay on balls of feet as you: Step right forward. Lock left behind right. Step right forward. (All very small steps)
- &8&**        Lock left behind right. Step right forward. Step left behind right (small steps) weight now on left.

**Back/low kick. Step.  $\frac{1}{4}$  point.  $\frac{1}{4}$  back. Reverse sweeps x2. Rock back. Recover.  $\frac{1}{2}$  right.**

- 1-2**        Step back on right as you bend right knee & low kick with your left. Step left forward.
- 3-4**        Make  $\frac{1}{4}$  left as you touch right to right side. Make  $\frac{1}{4}$  right as you step right back.
- 5-6**        Sweep left foot from front to back (weight on left) sweep right foot from front to back (weight on right)

**7&8** Rock back on left. Recover on right. Make ½ right bending knees & bringing feet together.

**PART B:**

**Side. Rock. Recover. Side. Rock. Recover (1/8th) lunge. Recover. Full turning cross shuffle.**

**1-2&** Step right to right side. Rock left behind right. recover on right.

**3-4&** Step left to left side. Rock back on right. recover on left.

**5-6** Make 1/8th turn to diagonal as you lunge gracefully forward. recover onto left

**&7&8 & step right beside left. Making a full turn right with legs crossed at all times step left-right-left- right (you will finish straight with left crossed over right & weight on right foot)**

**Side. Rock. Recover. ½ . rock. Recover. Sway. sway.**

**1-2&** Step left to left side. Rock back on right. Recover on left.

**3-4&** Make ½ turn left stepping back right. Rock back left. Recover on right.

**5-6** Step left to left as you sway- left- right (weight ends on right)

**Rocking chair. Step. Lock. Sweep. Sailor step. Lock. Step. Touch**

**1&2&** Rock forward on left. Recover on right. Rock back on left. Recover on right.

**3-4** Step forward on left. Lock right tightly behind left as you start to sweep left.

**5&6** Continue the sweep & make a sailor step – left behind. Right side. Step left forward.

**&7** Lock right behind left. Step left forward.

**8** Make a graceful ¼ turn right as you touch your right forward.

**Side. Ball step. Side. Ball. Step**

**1-2&** Step right a big step to right. Step the ball of your left beside right. Step the ball of your right beside left.

**3-4&** Step left a big step to left. Step the ball of your right beside left. Step the ball of your left beside right.

**(Let your upper body flow with the music & movement, let your arms sway in time too)**

**Side. Cross rock. Recover. ¼. Full turn forward. Step. ½ turn. Step. Full turn forward.**

**1-2&** Step right to right side. Cross rock left over right. Recover on right.

**3-4& make ¼ left stepping left forward. Make ½ turn left stepping back right. Make ½ left stepping left forward.**

**5-6&** Step right forward. Step left forward. Make ½ pivot turn right.

**7-8&** Step left forward. make ½ turn left stepping back right. make ½ turn left stepping left forward,

**Walk. Walk. Mambo touch. Back. Cross. Back (lift). Back. Cross. Back. (lift)**

**1-2** Walk forward right. Walk forward left.

**3&4** Rock forward right. Recover on left. Touch right beside left.

**5&6** Step right back to diagonal. Cross step left over right. Step right back to right diagonal as you lift you left leg

**7&8** Step left back to diagonal. Cross step right over left. Step left back to left diagonal as you lift your right leg

**(Keep counts 5-8 smooth & let your upper body sway in time to the music.)**

**Sway. Sway. Sway. Recover. Hinge ½ turn right.**

**1-2** Sway right to right. Sway to left.

**3&4 step right to right as you sway to right. Recover on left. Make ½ turn right as you step right to right side.**

**TAG: 4 counts:**

**Prissy walks/ ½ turn right. prissy walk**

**1-2-3-4** Cross step right over left. Cross step left over right. Make ½ pivot turn right. cross step left over right.