

Like A Phoenix

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Count: 48

Wall: 4

Level: Intermediate / Advanced

Choreographer: Rhoda Lai (Canada) March 2015

Music: Phoenix by Molly Sandén (3:20) iTunes

Intro: 16 counts - Note: 1 Restart in Wall 3

S1: Press L/recover sweep, Anchor Step, $\frac{1}{4}$ R/point L, $\frac{1}{4}$ L, $\frac{1}{2}$ L $\frac{1}{2}$ L, R Forward Rock/recover

1 2 Press forward L, recover onto R while sweeping L from front to back

3&4 Step on the ball of L behind R, recover onto R, Step down L

&5 $\frac{1}{4}$ R step R to R side, point L to L side (3:00)

6 $\frac{1}{4}$ L step down L (12:00)

7&8& $\frac{1}{2}$ L stepping R back, $\frac{1}{2}$ L stepping L forward, rock forward R, recover onto L

S2: Back R/ together L, Heel turn $\frac{1}{2}$ L, Tippy-toes, Fwd R, L Mambo, R Coaster, Fwd Lock Shuffle, Sweep

1 2 Step back R, step L beside R

& With weight on heels of both R & L, make $\frac{1}{2}$ L by raising the balls of both feet (6:00)

3 4 Lift on the ball of both feet with ending weight on L (like tippy-toes), step forward R

5&6 Rock L forward, recover onto R, step back L

7&8 Step back R, step L beside R, step forward R (beginning of forward lock shuffle)

&1 Lock L behind R, step forward R while sweeping L from back to front

S3: Turning Weave, R Cross rock, Side rock, Behind - $\frac{1}{4}$ L- Forward

2&3 Cross L over R, $\frac{1}{8}$ L stepping back R, step back L

&4 Step back R, $\frac{1}{8}$ L stepping forward L (3:00)

5&6& Cross R over L, recover onto L, rock R to the side, recover onto L

7&8 Step R behind L, $\frac{1}{4}$ L stepping L forward, step forward R (12:00)

S4: (Step Forward L Pivot $\frac{1}{2}$ R) X 3, Forward L, (Turning Step Touch) x 3, $\frac{1}{8}$ L, Together

1&2& Step forward L, pivot $\frac{1}{2}$ R, step forward L, pivot $\frac{1}{2}$ R, (Easy option: L rocking chair)

3&4 Step forward L, pivot $\frac{1}{2}$ R, step forward L (6:00)

5& $\frac{1}{8}$ L stepping R to the side (4:00), touch L beside R

6& $\frac{1}{4}$ L stepping L to the side (1:00), touch R beside L,

7& $\frac{1}{4}$ L stepping R to the side (11:00), touch L beside R

8& $\frac{1}{8}$ L stepping L to the side, step R beside L (9:00)

*****Restart here during 3rd Wall, see below**

S5: $\frac{1}{4}$ L Lock Shuffle, $\frac{1}{2}$ R Lock Shuffle, $\frac{1}{2}$ L, Step Pivot $\frac{1}{2}$ L, Cross-side-heel-together

1&2 $\frac{1}{4}$ L stepping forward L, step R behind L, step forward L (6:00)

3&4 $\frac{1}{2}$ R stepping forward R, step L behind R, step forward R (12:00)

5&6 $\frac{1}{2}$ L stepping forward L, step R forward, pivot $\frac{1}{2}$ L

7&8& Cross R over L, step L to L, tap R heel to R diagonal, step R in place

S6: Cross L, Big Step R, Drag L, Sway LR, $\frac{1}{4}$ L, Step Pivot $\frac{1}{2}$ L, Spiral full turn L, Run L R

1&2 Cross L over R, take a big step to the R, drag L heel towards R

3&4 Sway upper body to L, R, $\frac{1}{4}$ L stepping forward L (9:00)

5 6 Step forward R, pivot $\frac{1}{2}$ L (3:00)

7&8& Step R forward while making a spiral full turn L, step forward L, R

*****Restart: on Wall 3, restart the dance after S4 facing 3:00**

Special thanks to Fake In Line for giving me the opportunity to teach in my first European dance workshop in Sweden.

Contact: rhoda_eddie@yahoo.ca - 1(647) 295-3833 - www.laidance.net