

Apologize

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Shaz Walton – Oct '07

Music: "Apologize" by Timberland (ft One Republic)

Count in- 16 counts- on lyrics.

Cross lunge. Hitch round. Back. Side. Cross rock side. Side. ½ hitch. Rock. Recover. Rock. Recover. Lunge

- 1** Facing right diagonal front cross left over right & lunge forward.
- &2** Hitch right foot over (smoothly) as you face left diagonal front. Cross step right over left.
- &3** Step back on left. Straighten up as you step right to right side.
- &4&** Cross rock left over right. Recover on right. Step left to left side.

5(&) Take a large step to right with right. Make a ½ turn left smoothly hitching your left knee up.

- 6&** Rock forward on left. Recover on right.
- 7&8** Rock left to left side. Recover on right. Cross step left & lunge.

Back. Drag. Together. Walk. Walk. ¼ cross. side. Together. Side. Rock. Recover. ¼. ¾ point.

1(&) 2 Take a large step back on right. Slide left back towards right. Step left beside right.

- &3** Walk forward right. Walk forward left (make these "small run steps")
- &4** Make ¼ right as you cross step right over left. Step left to left side.
- &5** Step right beside left. Step left large step to left.
- 6&** Rock right behind left. Recover on left.
- 7-8** Make ¼ right as you step right forward. Make ¾ turn right with left hitched-point left to left side.

Turn 1/4 back rock. Recover. ½ rock recover. Ball step. Sweep. Back. Back. Step. Spiral.

- 1-2** Make ¼ left as you rock back on left. Recover on right.
- &3-4** Make ½ turn right as you step back on left. Rock back on right. Recover on left.

&5 Step right beside left. Step left forward.

6&7 sweep right from back to front, cross step it over left. Step back left. Step back right.

&8 Step forward left. Make full spiral turn right, ending with right hooked over left knee.

Side. Rock. Recover. Cross. step. Cross (drag) ¼ right. Crouch. Recover. Rock. Recover. (sway) Hitch.

1-2 Step large step right with right. Rock back on left.

&3 Recover on right. Step left to left side.

&4 Cross step right over left. Step left large step to left side. (Dragging right up)

5-6 Make ¼ turn right stepping right forward. Bring left to right as you crouch down facing right diagonal. (Weight on right)

(Optional arms- as you make the ¼ turn - circle arms loosely in an anti clockwise direction- as you touch your left foot beside right- clench your fists & hold them close to your body)

7&8 Recover to standing position as you rock out to left. Recover on right. (Feet need to be apart here) Hitch left knee up.

Restart- 2nd wall.

Dance up to count 24- replace the full spiral with a step forward on the right foot & start the dance again. You will be on the 3 o'clock wall.

Tag- on 5th wall. Dance the dance to the very end.

Execute the last 3 count (Rock. Recover. (sway) Hitch.) But this time prolong the hitch & hold for 2 counts

(be dramatic!)

Start the dance again facing 9 o'clock wall

Start over- be smooth.