

Choke

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Count: 40 **Wall:** 4 **Level:** Intermediate

Choreographer: Marja Urgert & Jan Van Tiggelen (July 2018)

Music: Choke "By" Sheppard

Intro: 16 Counts

Sec 1: Rock Fwd, Recover, & Heel & Heel &, Rock Fwd, Recover, 1/4 Turn L Step To L Side, Cross-Side-Behind, & Step To L Side

1-2RF. Rock fwd - LF. Recover

&3&4&RF. Step together - LF. Dig heel fwd - LF. Step together - RF. Dig heel fwd - RF. Step together

5-6LF. Rock fwd - RF. Recover

&7&8&LF. 1/4 Turn L step L side - RF. Cross over LF - LF. Step L side - RF. Cross behind LF - LF. Step L side (9:00)

Sec 2: Cross Rock, Recover, & Step To R Side, Touch, & Step To L Side, Touch, Back Rock, Recover, & Step Together, Shuffle Fwd

1-2RF. Cross rock over LF, LF. Recover

&3&4RF. Step R side - LF. Touch toe beside RF - LF. Step L side - RF. Touch toe beside LF

5-6&RF. Rock back - LF. Recover - RF. Step together

7&8LF. Step fwd - RF. Step together - LF. Step fwd

Sec 3: Stamp Out To R Side x3, Twist LF Next To RF with a Hitch, L Dorothy Step, Step-Lock-Step Diagonal R

1&2RF. Stamp to R side x3 (feet go apart)

3&4LF. Turn heel to R - LF. Turn toes to R - LF. Hitch L-knee

5-6&LF. Step diagonaal L fwd - RF. Lock behind LF - LF. Step together

7&8RF. Step diagonal R fwd - LF. Lock behind RF - RF. Step diagonal R fwd (9:00)

****Restart here: in wall 3 and wall 7** Before you start again step first LF next to RF**

Sec 4: Rock Fwd, Recover, Shuffle 1/2 Turn L, Shuffle 1/2 Turn L, Sailor 1/4 Turn L

1-2LF. Rock fwd - RF. Recover

3&4 Shuffle 1/2 turn L stepping L,R,L (3:00)

5&6 Shuffle 1/2 turn L stepping R,L,R (9:00)

7&8LF. 1/4 Turn L cross behind RF - RF. Step beside LF - LF. Step fwd (6:00)

Sec 5: Behind, 1/4 Turn L, & Out Out & In In, Step Fwd, Touch, Coaster Step

1-2RF. Cross behind LF - LF. 1/4 Turn L step fwd (3:00)

&3&4RF. Step diagonaal fwd (out) - LF. Step L side (out) - RF. Step to center (in) - LF. Step together

5-6RF. Step fwd - LF. Touch toe beside RF

7&8LF. Step back - RF. Step together - LF. Step fwd

Start Again

Restart: in the 3rd (3:00) and the 7th wall after count 24 (9:00)

Dance up to count 24, count 8 of the 3rd block, then do

&LF. Step together, and restart the dance

Contact: : marja42@kpnmail.nl / co4ol72@kpnmail.nl