

# Covering My Ears

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**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Lisa Waters (Aug 2013)

**Music:** La La La by Naughty Boy feat. Sam Smith

**Note: The dance starts on the lyrics "Hush, don't speak"**

**Out-Out, Weave ¼ turn, Toe grind ¼ turn, Coaster step**

- 1,2** Step right forward and out to right side, Step left foot out to left side
- 3&4** Cross right behind left, Step left to left side, Step right forward making ¼ turn left
- 5,6** Step left forward keeping weight on ball of the foot, Step right back making ¼ turn left
- 7&8** Step back on left, Step together with right, Step forward on left

**Sweep, Step-Lock-Step, Skates, Body roll**

- 1,2** Sweep right round from back to front, Step right forward
- 3&4** Step left forward, Lock right behind left, Step left forward
- 5,6** Skate right forward (7:00), Skate left forward (5:00)
- 7,8** Make a ¼ turn right rolling the body forwards to end with weight on right foot

**Mambo forward, ¼ Turn, Hip bumps, Weave, Full turn**

- 1&2** Rock forward on left, Recover on right, Step left next to right
- 3&4** Make a ¼ turn right stepping right foot to right side, Bump hips left then right keeping weight on right foot
- 5&6** Step left behind right, Step right out to right, Cross left over right
- 7,8** Unwind a full turn to the right ending with weight on left foot

**Chasse, Cross unwind ½ turn, Feet Forward-Forward-Back, ¼ Sailor turn**

- 1&2** Step right to right side, Step left next to right, Step right to right side
- 3,4** Cross left behind right, Unwind ½ turn left ending with weight on left
- 5&6** Step forward on right heel, Step forward on left heel, Step back on right foot
- 7&8** Cross left behind right, Step right to right side, Make a ¼ turn left stepping forward on the left

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