

Lessons Learned

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Colette Sweeney (Feb 10)

Music: Lessons Learned by Carrie Underwood

16 count intro, start on lyrics

(1-8) R Mambo, ½ sailor turn, rock recover, cross shuffle

- 1&2** Rock forward onto R foot, recover weight onto L, place R next to L.
- 3&4** Step L behind R, making a ¼, step R to R side making ¼ turn L, step L to L side.
- 5,6** Rock R out to R side, recover weight onto L foot.
- 7&8** Cross R over L, step L to L side, cross R over L.

(9-16) Side shuffle, sweep ½ turn, cross ½ turn, cross shuffle

- 1&2** Step L to L side step R next L step L to L side.
- 3,4** Sweep R foot round ½ turn L, cross R over L.
- 5,6** Step L to L side, make ½ turn over R shoulder stepping onto R.
- 7&8** Cross L over R, step R to R side, cross L over R.

(17-24) Rock recover, behind side front, rumba box

- 1,2** Rock R out to R side, recover weight onto L
- 3&4** Step R behind L, step L to L side, cross R over L.
- 5&6** Step L to L side, close R next to L, step forward L.
- 7&8** Step R to R side, close L next to R, step back onto R.

(25-32) ¼ turn sways, triple full turn, mambo forward, mambo back

- 1,2** Make ¼ turn L stepping onto L and swaying L then R.
- 3&4** Make a full turn over L shoulder stepping L R L.
- 5&6** Rock forward on R recover weight onto L step R next to L.
- 7&8** Rock back onto L, recover weight onto R, step L next to R.

(33-40) ¼ pivot, cross shuffle, ½ turn, rock recover side

- 1,2** Step forward onto R, make ¼ pivot R, placing weight back on L.

- 3&4** Step R over L, step L to L side, cross R over L.
- 5,6** Step L to L side, make $\frac{1}{2}$ turn over R shoulder stepping onto R foot.
- 7&8** Cross L over R, recover weight onto R, step L to L side.

(41-48) Sweep $\frac{1}{2}$ turn cross,L rock recover step back, R rock recover step back, step L $\frac{1}{4}$ point

- 1,2** Sweep R foot round making $\frac{1}{2}$ turn crossing R over left.
- 3&4** Rock L to L side recover weight onto R step L behind R.
- 5&6** Rock R out to R side recover weight onto L step R behind L.
- 7,8** Step L to L side, make $\frac{1}{4}$ turn L Pointing R toe out to R side.

(49-56) $\frac{1}{4}$ turn point, forward R, forward L lock step, full turn forward, walk R L

- 1,2** Make $\frac{1}{4}$ L pointing R toe out to R side, step forward onto R.
- 3&4** Step forward onto L foot, Lock R behind L, step forward L.
- 5,6** Make $\frac{1}{2}$ turn over L shoulder stepping back onto R foot, make $\frac{1}{2}$ turn L shoulder stepping forward onto L foot.
- 7,8** Step Forward R then L

(57-64) Mambo forward R, mambo back L, slide R, slide L.

- 1&2** Rock forward onto R, recover weight onto L, Step R next to L.
- 3&4** Rock back onto L, recover weight onto R, step L next to R.
- 5,6** Step R to R side, close L next to R.
- 7,8** Step L to L side, close R next to L (keep weight on L foot).

RESTARTS

(1) End of wall 2 after the R mambo step.

(2) 4th wall after L lock step

(3) End of wall 6 only do a forward R mambo, and start the dance again.

Break in music TAG

on wall 5 the music changes do the dance as normal up to sways and triple turn,

then walk round in a circle going anti clockwise for 4 counts (R L R L), mambo forward R, mambo back L.

HAVE FUN & ENJOY

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=79610