

Choke Around

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Count: 40 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Linda Burgess - Australia - August 2018

Music: Choke - Sheppard - Album: Watching the Sky (2.56mins)

Intro: 16 counts

{1-8} WALK, WALK, SIDE/ROCK, REPLACE, FWD, WALK, WALK, SIDE/ROCK, REPLACE, FWD

1,2,3&4 Walk fwd R, L, rock/step R to R, replace weight to L, step fwd R

5,6,7&8 Walk fwd L, R, rock/step L to L, replace weight to R, step fwd L - 12:00

{9-16} ROCK/FWD, REPLACE, ROCK/SIDE, REPLACE, BEHIND, SIDE, CROSS, SIDE, TOGETHER, SIDE, TOGETHER, HEEL, BALL, STEP

1&2&3&4 Rock/step fwd R, replace weight to L, rock/step R to R, replace weight to L, cross R behind L, step L to L, cross R over L

5&6&7&8 Touch L toe to L side, step L beside R, touch R toe to R side, step R beside L, touch L heel fwd, step L beside R (on ball of foot), step fwd R - 12:00

{17-24} SHUFFLE BACK, ½ R SHUFFLE FWD, BACK, HEEL, FWD, TOUCH, BACK, HEEL, FWD, TOUCH

1&2,3&4 Step back L, step R beside L, step back L, turn ½ R & step fwd R, step L beside R, step fwd R

&5&6&7&8 Step back L, touch R heel fwd, step R in place, touch L beside R, step back L, touch R heel fwd, step R in place, touch L beside R - 6:00

{25-32} WALK, WALK, STEP, PIVOT ½, STEP, STOMP, BOUNCE, BOUNCE, BOUNCE ½ L,

1,2,3&4 Walk fwd L, R, step fwd L, quick pivot ½ R, step fwd L

5&6&7&8 Stomp R fwd, raise heels, turn ¼ L & lower heels, raise heels, turn 1/8 L & lower heels, raise heels, turn 1/8 L, lower heels (weights on L) - 6:00

{33-40} STOMP FWD, STOMP SIDE, TWIST, TWIST, TWIST, R SAILOR, L COASTER

1,2,3&4 Stomp R fwd, stomp L to L side, twist heels L, twist toes L, twist heels L

5&6,7&8R sailor, L coaster - 6:00

Begin again!

Restarts: Wall 2 & 6. Dance counts 1-23& , then step fwd L on 24. Both Restart facing - 12:00

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