

Adoration

32 count, 4 wall, Intermediate level
Choreographer : Kickin' Kate Sala (UK)

June 2001

Choreographed to : My Heart Is Lost To You by
Brooks & Dunn (128 bpm), Steers & Stripes
album

The dance starts after 36 count intro.

Step Right, Together, Right Chasse ¼ Turn, Pivot ½ Turn, Walk, Walk

- 1-2 Step right to right side. Close left next to right.
3&4 Step right to right side. Close left next to right. Step right to right side with ¼ turn right.
5-6 Step forward on left. Pivot ½ turn right.
7-8 Walk forward left, right.

Side Rock & Cross, Side Rock & Cross, Pivot ½ Right, Turn ½ Right, Step

- 1&2 Rock on left to left side and slightly forward. Step right in place and slightly forward.
Cross- step left over right.
3&4 Rock on right to right side and slightly forward. Step left in place and slightly forward.
Cross- step right over left.
5 6 Step forward on left. Pivot ½ turn right.
7 8 Turn ½ right stepping back on left. Step back on right

Rock Back, Rock forward, Step Forward, Sweep ¼ Turn, Weave

- 1 2 Rock back on left. Rock forward on right.
3 4 Step forward on left. Sweep right round into a ¼ turn left.
5 6 Cross- step right over left. Step left to left side.
7&8 Cross-step right behind left. Step left to left side. Cross- step right over left.

Toe, Kick With ¼ Turn, Coaster Step, Jazz Box

- 1 2 Touch left toe next to right instep with knee turned in. Turn ¼ left on ball of right kicking left forward.
3&4 Step back on left. Step right next to left. Step forward on left.
5 6 Cross- step right over left. Step back on left.
7 8 Step right to right side. Step left next to right.

Notes: - When danced to the above suggested track at the end of the 3rd and 6th wall repeat the last 12 counts of the dance (from the weave. count 5 of the 3rd section to the end of the dance) then start again from the beginning.