

This was a special dance to me and I was touched when it won at the Marathon, where it showed me that others recognised its creativity and the songs important message.

# Footprints In The Sand

## 4 WALL - 32 COUNTS - ADVANCED

Steps	Actual Footwork	Calling Suggestion	Direction
<b>Section 1</b>	<b>Side Lunge, 1/4 Turn, Together Dip, Unwind 3/4 Turn with Sweep, Behind, Side, Step, Step with Sways, Back, Cross, Back,</b>		
1	Bending left knee lean and lunge to left side keeping right leg straight with toe pointed.	Lunge Turn Together	Turning right
2	Make 1/4 turn right placing weight forward on right. Step left beside right and dip bending knees slightly.		
3	Straightening up make 3/4 turn right sweeping right around behind left	Sweep	On the spot
4&5	Cross right behind left. Step left to left side. Step forward on right.	Behind Side Step	Forward
6&7	Step forward on left swaying hips forward, back, forward	Step Sway Sway	
8&1	Step back on right. Cross left over right. Step back on right.	Step Cross Step	Back
<b>Section 2</b>	<b>Back Cross Back Together, Step, Step, Full Spiral Turn, Step, Step, 1/2 Pivot, Step</b>		
2&3&	Step back on left. Cross right over left. Step back on left. Step right beside left.	Step Cross Step Together	Back
4&	Step forward on left. Step forward on right.	Left Right	Forward
5-6	Make a full spiral turn left on ball of right. Step forward and down on left.	Full Spiral	Turning left
7&8	Step forward on right. Make 1/2 turn left. Step forward on right..	Step Turn Step	
<b>Section 3</b>	<b>1/2 Turn, 1/4 Turn, Back Rock, Side, Cross 1/4 Turn, 1/4 Turn, Together, Cross, Side, Together, Cross Rock with Ronde</b>		
&	Travelling forward make 1/2 turn right stepping back on left.		
1	Make 1/4 turn right stepping right to right side.	Turn Turn	Forward
2&	Cross rock left behind right. Recover weight onto right.	Cross Rock	On the spot
<b>Tag 2/ Restart</b>	Wall 5 – Hip Sways: 1-2 Step left to left side swaying left, sway right. Then restart the dance from the beginning.		
3	Step left to left side.	Step	Left
4&	Cross right over left. Make 1/4 turn right stepping back on left.		
5	Make 1/4 turn right stepping right to right side.	Cross Turn Turn	Turning right
6&	Step left beside right. Cross right over left.	Together Cross	Right
7	Step left to left side.	Side	Left
8&	Close right beside left. Cross rock left over right.		
1	Recover onto right whilst ronde left around and behind right.	Together Cross Rock	On the spot
<b>Section 4</b>	<b>Behind, Side, Step, Twist 1/2 Turn, Twist Full Turn, Behind, Side, Cross, 1/4 Turn, 1/4 Turn, Cross</b>		
2&3	Step left behind right. Step right to right side. Step forward on left.	Behind Side Step	Forward
4	Knees slightly bent and weight forward on left twist 1/2 turn right replacing weight to ball of right	Twist 1/2	Turning right
5	Knees slightly bent and weight forward on ball of right twist a full turn left sweeping left round and behind right.		
<b>Option</b>	Hold count 5 with weight on ball of right	Full Twist	Turning left
6&7	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right
&8	Make 1/4 turn left stepping back on right. Make 1/4 turn left stepping left to left side.	Turn Turn Cross	Turning left
1	Cross right over left.		
<b>Tag 1</b>	End of Wall 1 facing 9 o'clock <b>Side Together Cross, Side Together Cross</b>		
1-2&	Step left to left side. Close right beside left. Cross left over right.		
3-4&	Step right to right side. Close left beside right. Cross right over left.		
<b>Ending</b>	Music slows down, keep dancing through. On last wall facing 9 o'clock do counts 1-5 then unwind 3/4 turn left to face front.		

**Choreographed by:**

**Dee Musk**  
UK  
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**Choreographed to:**

'Footprints in the Sand'  
by Leona Lewis from CD  
'Leona Lewis – Spirit' also  
available on itunes and  
amazon.co.uk (65 bpm) 14  
count intro (approximately  
14 seconds, start just before  
the main vocals on first beat)