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Land Of Lake McNear

36 Count, 2 Wall, Improver

Choreographer: Adrian Helliker (France) & Karen Kennedy (Scotland) 2013

Choreographed to: Lake McNear by Sean McAloon,
Album: Love A Little

Intro: 36 Counts

1-8 RUMBA BOX, RIGHT COASTER STEP, LEFT LOCK

1&2 Step right to right side, close left beside right, step right forward

3&4 Step left to left side, close right beside left, step left back

5&6 Step back on right, step back on left, step forward on right

7&8 Step left forward, lock right behind left, step left forward (12.00)

9-16 ¼ RIGHT MAMBO, LEFT CROSS SHUFFLE, RIGHT CHASSE, ¼ LEFT MAMBO

1&2 Rock forward on right, recover on left, ¼ turn stepping right to right side, (3.00)

3&4 Cross left over right, close right beside left, cross left over right

5&6 Step right to right side, close left beside right, step right to right side

7&8 Cross rock left over right, recover on right, ¼ left stepping forward on left (12.00)

17-24 FULL TRIPLE TURN, SIDE ROCK, RECOVER, CROSS X2, ¼ LEFT GRAPEVINE

1&2 Turning left full triple turn - stepping right. left, right (12.00)

*Option here Shuffle forward stepping right, left, right,

3&4 Rock left to left side, recover onto right, cross left in front of right* Restart here during wall 4

5&6 Rock right to right side, recover onto left, cross right in front of left

7&8 Step left to left side, cross right behind left, ¼ turn left stepping forward on left (9.00)

25-32 RIGHT TOE TOUCHES, RIGHT COASTER, LEFT TOE TOUCHES, ¼ LEFT SAILOR

1&2 Point right toe to right side, touch right beside left, point right toe to right side

3&4 Step right back, left beside right, right forward

5&6 Point left to left side, left beside right, point left to left side

7&8 Cross left behind right turning ¼ turn left, step right to right side, step left to left side (6.00)

33-34 RIGHT MAMBO FORWARD, LEFT COASTER STEP

1&2 Rock right forward, recover onto left, step back on right

3&4 Step left back, right close beside left, step left forward (6.00)

Music download available from Amazon or iTunes