

Apologize

32 count, 4 wall, intermediate level

Choreographer: Shaz Walton (UK) Nov 2007

Choreographed to: Apologize by Timbaland Featuring
One Republic, CD: Shock Value

CROSS LUNGE, HITCH ROUND, BACK, SIDE, CROSS ROCK SIDE, SIDE, ½ HITCH, ROCK, RECOVER, ROCK, RECOVER, LUNGE

- 1 Facing right diagonal front cross left over right & lunge forward
- &2 Hitch right foot over (smoothly) as you face left diagonal front, cross right over left
- &3 Step left back, straighten up as you step right to right side
- &4& Cross rock left over right, recover on right, step left to left side
- 5& Take a large step to right with right, make a ½ turn left smoothly hitching your left knee up
- 6& Rock forward on left, recover on right
- 7&8 Rock left to left side, recover on right, cross left & lunge

BACK, DRAG, TOGETHER, WALK, WALK, ¼ CROSS, SIDE, TOGETHER, SIDE, ROCK, RECOVER, ¼, ¾ TOUCH

- 1&2 Take a large step right back, slide left back towards right, step left beside right
- &3 Walk forward right, walk forward left (make these "small run steps")
- &4 Make ¼ right as you cross right over left, step left to left side
- &5 Step right beside left, step left large step to left
- 6& Rock right behind left, recover on left
- 7-8 Make ¼ right as you step right forward, make ¾ turn right with left hitched-touch left to left side

¼ BACK ROCK, RECOVER, ½ ROCK RECOVER, BALL STEP, SWEEP, BACK, BACK, STEP, SPIRAL

- 1-2 Make ¼ left as you rock left back, recover on right
- &3-4 Make ½ turn right as you step left back, rock right back, recover on left
- &5 Step right beside left, step left forward
- 6&7 Sweep right from back to front, cross it over left, step back left, step back right
- &8 Step forward left, make full spiral turn right, ending with right hooked over left knee

SIDE, ROCK, RECOVER, CROSS, STEP, CROSS (DRAG) ¼ RIGHT, CROUCH, RECOVER, ROCK, RECOVER, (SWAY) HITCH

- 1-2 Step large step right with right, rock left back,
- &3 Recover on right, step left to left side
- &4 Cross right over left, step left large step to left side, (dragging right up)
- 5-6 Make ¼ turn right stepping right forward, bring left to right as you crouch down facing right diagonal, (weight on right)

Optional arms: as you make the ¼ turn, circle arms loosely around to the left.

As you touch your left foot beside right, clench your fists & hold them to your body

- 7&8 Recover to standing position as you rock out to left, recover on right, (feet need to be apart here) hitch left knee up

RESTART: On 2nd wall, dance up to count 24.

Replace the full spiral with a step forward on the right foot & start the dance again.

You will be on the 3:00 wall

TAG: On 5th wall, dance the dance to the very end.

Execute the last 3 count (rock, recover, (sway) hitch,) but this time prolong the hitch & hold for 2 counts.

Start the dance again facing 9:00 wall

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