

Please Forgive Me

64 Count, 2 Wall, Intermediate

Choreographer: Val O'Connor (UK) Oct 2008
Choreographed to: Forgive Me by Leona Lewis,
CD Single (120 bpm)

INTRO – 16 COUNTS (8 SECS) START ON THE WORDS “ THERE’S A FIRST TIME “

- 1. WALK RL, STEP OUT RL, STEP R, SCUFF L, CROSS LEFT, BACK R, ¼ LEFT**
1-2&3-4 Walk forward right left, (&) step out R to R side and L to L side, step forward on Right.
5-6-7-8 Scuff left forward, cross step L over R, step back on R, turn ¼ left stepping L to L side.
- 2. CROSS R HOLD, & R HEEL HOLD, & CROSS L, POINT R FLICK, ¼ RIGHT STEP**
1-2&3-4 Cross step R over L , hold for 1 count, (&) step back on L, dig R heel forward, hold for 1 count.
&5-6-7-8 (&) step down on R, cross left over R, point R to R side, flick R foot behind L leg,
turn ¼ R stepping forward on R.
- 3. SWEEP L CROSS, BACK R, ½ L, SIDE R, L KICK BALL CROSS, POINT L, KICK L OVER**
1-2-3-4 Sweep L across R, step back on R, turn ½ L stepping forward on L, step R next to L
5&6 Kick L forward, (&) step down on L, cross right over L.
7-8 Point L to L side, kick L in front and across R.
- 4. ¼ L, STEP R, L MAMBO, R ROCK BACK, R KICK BALL TOUCH**
1-2-3&4 Turn ¼ L stepping forward on L, step forward R, rock forward on L (&) recover wt on R,
step L next to R.
5-6-7&8 Rock back on R, recover wt on L, kick R forward (&) step down on R, touch L next to R .
- 5. STEP L KICK R, STEP R KICK L, L BEHIND ¼ R STEP, L TOUCH BALL CROSS**
1-2-3-4 Step L to L side as you dip down, kick R to R diagonal as you stand up, step R to R side
(dip down), kick L to left side (stand up).
5-6-7&8 Cross L behind R, turn ¼ R stepping forward R, touch L next to R, (&) step down on L,
cross R over L.
- 6. POINT L CROSS, POINT R CROSS, BACK L, ½ R, ¼ R, TOUCH R**
1-2-3-4 Point L to L side, cross L over R, point R to R side, cross R over L.
5-6-7-8 Step back on L, turn ½ R stepping forward on R, turn ¼ R stepping L to L side,
touch R next to L.
- 7. ¼ R, L TOUCH BALL CROSS, POINT L SIDE FORWARD SIDE, L BEHIND & CROSS**
1-2&3-4 Turn ¼ R stepping R to R side, touch L next to R, (&) step down on L, cross R over L,
point L to L side.
5-6-7&8 Touch L toe forward, point L to L side, cross L behind R, (&) step R to R side, cross L over R.
- 8. STEP FORWARD RL, R COASTER STEP, L HEEL HOLD, HEEL SWITCHES RL,
STEP DOWN L**
1-2-3&4 Step forward R to R diagonal, step forward L to L diagonal, step back R, (&) step L next to R,
step forward onto R.
5-6&7 Dig L heel forward, hold for 1 count, (&) step down on L, dig R heel forward,
&8& (&) step down on R, dig L heel forward, (&) step down on L.