

## Recovery Steps

64 count, 4 wall, intermediate level

Choreographer: Ian Grey (UK) Dec 96

Choreographed to: 12 Step Recovery by Paul Brandt  
(CD; Calm Before The Storm)

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### **Kick, switch step and touch, cross, touch. Kick, switch step and touch, cross, touch**

- 1&2 Kick right out, back to place, whilst touching left out to side.  
3-4 Cross left over right, touch right out to side  
5&6 Kick right out, back to place, whilst touching left out to side.  
7-8 Cross left over right, touch right out to side.

### **Touch, scissor step, unwind ½ turn**

- 9-10 Touch right next to left, jump out (right left).  
11-12 Jump in (crossing right over left), jump out (right left).  
13-14 Jump in (crossing left over right), jump out (right left).  
15-16 Jump in (crossing right over left), unwind half turn to left.

### **Kick, switch step and touch, cross, touch. Kick, switch step and touch, cross, touch**

- 17-18 Kick left out, back to place, whilst touching right out to side.  
19-20 Cross right over left, touch left out to side.  
21-22 Kick left out, back to place, whilst touching right out to side.  
23-24 Cross right over left, touch left out to side.

### **Heel strut x 4 making ¼ turn**

- 25-28 Left heel forward, lower toes. Right heel forward, lower toes.  
29-32 Left heel forward, lower toes. Right heel forward, lower toes.  
(Making 1/4 turn to right)

### **Kick x 2, step with ½ turn, touch. Kick x 2, step with ½ turn, touch**

- 33-34 Kick left forward, Kick left forward.  
35-36 Step left half turn to left, touch right next to left.  
37-38 Kick right forward, Kick left forward.  
39-40 Step right half turn to right, touch left next to right.

### **Rolling vine with 1 ½ turns. Rock forward, back, back, forward**

- 41-42 Step left half turn to left, step right half turn to left  
43-44 Step left half turn to left, touch right next to left.  
45-46 Rock forward on right, rock back on left.  
47-48 Rock back on right, rock forward on left.

### **Shuffle, step, pivot ½ turn. Shuffle, step, pivot ½ turn**

- 49&50 Step right forward, bring left up to right, step right forward  
51-52 Step forward on left, pivot half turn to right.  
53&54 Step left forward, bring right up to left, step left forward.  
55-56 Step forward on right, pivot half turn to left.

### **Grapevine x 2**

- 57-58 Step right to side, step left behind right.  
59-60 Step right to side, touch left next to right.  
61-62 Step left to side, step right behind left.  
63-64 Step left to side, touch right next to left.
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