

Reverse Sigh-cology

BEGINNER

32 Count 1 Walls

Choreographed by: Deb Crew

Choreographed to: Change

Would Do You Good, A by Sheryl Crow

HEEL DROPS, 1/2 TURN RIGHT, HEEL DROPS

- 1 Cross and step right toe over left foot
- 2 Drop right heel and snap fingers at shoulder level
- 3 Step left toe out to left side
- 4 Drop left heel and snap fingers at hip level
- 5 On ball of left foot, 1/2 turn to the right, stepping right toe out to right side (facing back wall)
- 6 Drop right heel and snap fingers at shoulder level
- 7 Cross and step left toe over right foot
- 8 Drop left heel and snap fingers at hip level

HIP SWINGS & SIDE SHUFFLES

- 9 Swing hips to the right, slightly lifting left leg as you swing your hips right
- 10 Swing hips to the left, slightly lifting right leg as you swing your hips left
- 11 Side shuffle to the right: step side right onto right foot
- & Quickly slide and step left foot next to right foot
- 12 Step side right onto right foot
- 13 Swing hips to the left, slightly lifting right leg as you swing your hips left
- 14 Swing hips to the right, slightly lifting left leg as you swing your hips right
- 15 Side shuffle to the left: step side left onto left foot
- & Quickly slide and step right foot next to left foot
- 16 Step side left onto left foot

HEEL FORWARD, TOE BACK, HEEL-BALL-STEP, STEP FORWARD, 1/2 TURN, STEP FORWARD, HOLD

- 17 Touch right heel forward
- 18 Touch right toe back
- 19 Touch right heel forward
- & Quickly step ball of right foot home
- 20 Small step forward on left foot
- 21 Step forward on right foot
- 22 Step 1/2 turn to the left onto left foot (facing original wall)
- 23 Step forward on right foot
- 24 Hold position (clap optional)

HEEL FORWARD, TOE BACK, HEEL-BALL-STEP, ROCK-STEP FORWARD, ROCK-STEP BACK

- 25 Touch left heel forward
- 26 Touch left toe back
- 27 Touch left heel forward
- & Quickly step ball of left foot home
- 28 Small step forward on right foot
- 29 Rock forward onto left foot
- 30 Rock back in place on right foot
- 31 Rock back onto left foot
- 32 Rock forward in place onto right foot

/The weight is now on the right foot which means the left foot is free to start the dance over-only this time in reverse!!! That's right-a little reverse sigh-cology!!!

REPEAT