

Treacle Not Pudding

32 Count, 4 Wall, Intermediate

Choreographer: Craig Bennet & Paul McAdam (UK)

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Choreographed to: Work by The Saturdays,

CD: If This Is Love

Count in: Approximately 32 counts from Start of track on vocals

1-8 KICK BALL CHANGE, SWIVEL ½ TURN, CROSS ROCK SIDE, CROSS SHUFFLE

1&2 Kick right foot forward, step back on ball of right foot, step forward on left foot

3&4 Make a ½ turn right swivelling heels left, right, left (weight finishes on left)

5&6 Cross rock right foot over left, step back on left foot, step right foot to right side

7&8 Cross left foot over right, step right foot to right side, cross left foot over right

9-16 SWITCHES & SWIVEL, COASTER STEP ½ TURN TOUCH

1&2 Touch right toe to right side, step right foot next to left, touch left toe out to left side

&3&4 Step left foot next to right, touch right toe forward, swivel both heels right, swivel heels back to centre

5&6 Step back on right foot, step left foot next to right, step forward on right foot

7,8 Pivot ½ turn left and take weight on left, touch right toe next to left

17-24 OUT-OUT & CROSS, HOLD & CROSS, SYNCOPATED SIDE ROCKS

&1 Step right foot out to right side, step left foot out to left side

&2 Step slightly back on right foot, cross left foot over right foot

3&4 Hold a count, step right foot to right side, cross left foot over right

5&6& Rock right foot to right side, recover weight on left, cross right foot behind left, rock left foot out to left side

7&8 Recover weight on right foot, cross left foot behind right, step right foot forward

25-32 2X WALKS, STEP ½ TURN STEP, ¾ CROSS, SIDE ROCK CROSS

1,2 Walk forward on left foot, walk forward on right foot

3&4 Step forward on left foot, pivot ½ turn right, step forward on left foot

5&6 Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side, cross right foot over left

7&8 Rock left foot out to left side, recover weight on right, cross left foot over right.

RESTARTS:

There are 2 Restarts they both happen after count 16, on the 2nd wall and the 5th wall.

Music download available from iTunes
