



## **Blood Sweat and Tears** – Jonathan Williamson (UK) – November 2012

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64 Count 4 wall Improver dance – Music: Blood Sweat and Tears (135 BPM)

Artist: Paloma Faith – Fall to Grace (Deluxe Edition)

Intro: Count 32 from beginning of track (16 seconds)

### **Rock, Recover, ½ Turn x 2, Coaster Step, Walk, Walk**

- 1-2 Rock forward right, recover weight back on left
- 3-4 ½ turn right stepping forward right, ½ turn right stepping back left
- 5&6 Step back right, step left besides right, step forward right
- 7-8 Walk forward left, walk forward right

### **Side, Together, Chasse ¼ Turn, Step ½ Pivot, Step ¼ Turn**

- 1-2 Step left to left side, step right besides left
- 3&4 Step left to left side, step right besides left, ¼ turn left stepping forward left
- 5-6 Step forward right, pivot ½ turn left
- 7-8 Step forward right, ¼ turn left (weight ends on left)

### **Jazz Box Cross, Side, Behind, ¼ Shuffle**

- 1-2 Cross right over left, step back left
- 3-4 Step right to right side, cross left over right
- 5-6 Step right to right side, step left behind right
- 7&8 Step right to right side, step left besides right, ¼ turn right stepping forward right

### **Rock, Recover, Coaster Step, Kick Ball Cross x 2**

- 1-2 Rock forward left, recover weight back on right
- 3&4 Step back left, step right besides left, step forward left
- 5&6 Kick right forward to right diagonal, step right besides left, cross left over right
- 7&8 Kick right forward to right diagonal, step right besides left, cross left over right

### **Side Rock, Recover, Sailor ¼ Turn, Rock, Recover, Shuffle ½ Turn**

- 1-2 Rock right to right side, recover weight back on left
- 3&4 ¼ turn right stepping right behind left, step left to left side, step right forward
- 5-6 Rock forward on left, recover weight back on right
- 7&8 ½ turn left stepping forward on left, step right besides left, step forward left

### **½ Turn x 2, Forward Shuffle, Walk, Walk, Shuffle**

- 1-2 ½ turn left stepping back right, ½ turn left stepping forward left
- 3&4 Step forward right, step left besides right, step forward right
- 5-6 Walk forward left, walk forward right
- 7&8 Step forward left, step right besides left, step forward left

### **Step ¼ turn, Cross Shuffle, ¼ Turn x 2, Cross Shuffle**

- 1-2 Step forward right, ¼ turn left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 ¼ turn right stepping back left, ¼ turn right stepping right to right side
- 7&8 Cross left over right, step right to right side, cross left over right

### **½ Monetary Turn, Heel Digs x3, Hook**

- 1-2 Point right to right side, ½ turn right stepping right besides left (weight on right)
- 3-4 Point left to left side, step left besides right
- 5&6 Dig right heel forward, step right besides left, dig left heel forward
- &7-8 Step left besides right, dig right heel forward, hook right across left

### **No Tags or Restarts**

### **Dance finishes after step 32 on wall 8**

If you have any queries please contact me by email at [willand@talktalk.net](mailto:willand@talktalk.net).

Please also check out my other dances at [www.feetaflame.talktalk.net](http://www.feetaflame.talktalk.net)