

## Apology

100 Count, 2 Wall, Intermediate

Choreographer: Michael Vera-Lobos (Aus) Sept 2015

Choreographed to: Apology by Anastacia, CD: Resurrection

---

16 count intro

**1 – 8 SHUFFLE FWD R & STEP BESIDE, ROCK BACK R & ROCK FWD L & ½ L, COASTER BACK L, FULL TRIPLE FWD R**

- 1&2& Shuffle Fwd R Stepping R,L,R & Stepping L beside R,  
3,4& Rock back R, Rock fwd onto L & Turning ½ L Step back on R (6:00)  
5&6 Step back on L & Step R beside L, Step fwd onto L,  
7&8 Travel fwd – Full Triple Spin fwd over R Stepping R,L,R

**9 – 16 HIP SWAY L, HIP SWAY R & STEP SIDE, TOUCH CROSS, FULL UNWIND L, HIP SWAY R, HIP SWAY L, TOUCH ACROSS, FULL UNWIND L**

- 1,2&3 Stepping L to L Push hip L, Sway Hip R & Stepping L to L Touch R across L,  
4 Pushing off R Full Unwind L Lifting Heels Dropping Wt onto L (6:00)  
5,6,7 Stepping R to R Push Hip R, Sway Hip L, Touch R across L,  
8 Pushing off R Full Unwind L Lifting Heels Dropping Wt onto L (6:00)

**17 – 24 STEP SIDE, CROSS BEHIND & 1/8 R, LUNGE FWD L, STEP BACK DRAG, STEP BACK & ½ R, STEP FWD & ½ PIVOT R, LUNGE FWD, STEP BACK DRAG**

- 1,2& Travel to R side – Step Side R, Cross L behind & Turning 1/8 R Step R into R corner (7:00),  
3,4 Lunge fwd L, Step Back on R Dragging L towards R (7:00)  
5&6& Step back on L & Turn ½ R on R (1:00), Step fwd L & Pivot ½ R (7:00),  
7,8 Lunge fwd L, Step Back on R Dragging L towards R (7:00)

**25–32& STEP BACK & ½ R, STEP FWD & ½ PIVOT R, CROSS, STEP SIDE STRAIGHTEN UP, L SAILOR DRAG, BEHIND & ¼ L, ½ L & ¼ L**

- 1&2& Step back on L & Turn ½ R on R (1:00), Step fwd L & Pivot ½ R (7:00)  
3,4 Cross L over R, Step R to R dragging L towards R Straightening up 1/8 L (6:00)  
5&6 Cross L behind R & Rock R to R, Step L to L dragging R towards L (6:00)  
7&8& Cross R behind L & Turn ¼ L on L, Turn ½ L Stepping back on R & Turn ¼ L on L (6:00)

**33–40& CROSS ROCK, REPLACE & STEP SIDE, CROSS & STEP SIDE, CROSS BEHIND & ¼ R, LUNGE FWD L, STEP BACK R DRAGGING L, STEP BACK L & ½ R, STEP FWD L & ½ PIVOT R DRAG**

- 1,2& Cross Rock R over L, Rock back on L & Stepping R to R  
3&4& Cross L over R & Step R to R, Cross L behind R & Turning ¼ R Step fwd on to R (9:00)  
5,6 Lunge fwd L, Step back on R Dragging L towards R,  
7&8& Step back L & Turn ½ R on R (3:00), Step fwd L & Pivot ½ R (9:00)

**41–48 LUNGE FWD L, STEP BACK DRAG, L COASTER DRAG, STEP FWD, ½ PIVOT L, TOUCH ACROSS, 3/4 UNWIND L**

- 1,2 Lunge fwd L, Step back R Dragging L towards R,  
3&4 Step back L & Step R beside L, Step fwd L dragging R towards L (9:00)  
5,6,7,8 Step fwd R, Pivot ½ L, Touch R across L, Unwind 3/4 L Lifting Heels dropping Wt on L (6:00)

**49–56& WALK, COASTER FWD L & ½ R, LUNGE FWD L, STEP BACK SWEEP SIDE, L SAILOR DRAG, CROSS R BEHIND L & TURN ¼ L ON L**

- 1,2& Walk fwd R, Step fwd L & Step R beside L,  
3&4 Step back on L & Turn ½ R on R, Lunge fwd L (12:00)  
5,6& Step back R Sweeping L to L side, Cross L behind R & Rock R to R,  
7,8& Replace wt on L Dragging R towards L, Cross R behind L & Turning ¼ L Step fwd on L (9:00)

**57 – 64 FULL SPIN FWD L, SHUFFLE FWD L, STEP BACK DRAG, STEP BACK & ½ R, ¼ R & CROSS BEHIND, ¼ L & ½ L, ¼ L**

- 1,2&3 Stepping onto R Full turn fwd over L slightly Lifting L, Shuffle fwd L Stepping L,R,L  
4 Step back R dragging L towards R (9:00)  
5&6& Step back on L & Turn ½ R on R, Turn a further ¼ R Stepping L to L & Cross R behind L (6:00)  
7& Turning ¼ L step fwd onto L & Turning a further ½ L Step back on R,  
8 Turning a further ¼ L Step L to L (6:00)
-

---

**65–72 STEP SIDE, BEHIND & ¼ R, ¼ R, HIP SWAY R, HIP SWAY L, FULL TRIPLE SPIN R SIDE, CROSS**

- 1,2&3 Travel to R side – Step Side R, Cross L behind R & Turn ¼ R on R, Turn a further ¼ R Ending L to L (12)  
4,5 Hip Sway R, Hip Sway L  
6&7,8 Travel to R side – Full Triple Spin R Stepping R,L,R, Cross L over R (12:00)

**73-80& SIDE ROCK, ¼ PIVOT L, STEP FWD, ½ PIVOT L, STEP BACK DRAG, STEP BACK & ½ R, LUNGE FWD L, STEP BACK & ½ L**

- 1,2,3,4 Side Rock R to R, Replace Wt on L Turning ¼ L (9:00), Step fwd R, Pivot ½ L (3:00) (End Wt L)  
5,6& Step back on R Dragging L towards R, Step back on L & Turn ½ R on R (9:00)  
7,8& Lunge fwd L, Step back on R & Turn ½ L on L (3:00)

**81–84 ¼ L SIDE ROCK, REPLACE, ½ HINGE L SIDE ROCK, REPLACE**

- 1,2 Turning ¼ L (12:00) Side Rock R to R, Replace Wt on L (12:00)  
3,4 Keeping Wt on L Hinge ½ L to Rock R to R side, Replace Wt on L (6:00)

**85–92 CROSS ROCK, REPLACE & STEP SIDE, CROSS ROCK , REPLACE & STEP SIDE, STEP FWD R, ½ PIVOT L, FULL TRIPLE SPIN FWD R**

- 1,2& Cross Rock R over L, Replace wt on L & Step R to R,  
3,4& Cross Rock L over R, Replace wt on R & Step L to L  
5,6,7&8 Step fwd R, Pivot ½ L, Full Triple Spin fwd over R Stepping R, L,R (12:00)

**93–100 CROSS ROCK, REPLACE & STEP SIDE, CROSS ROCK , REPLACE & STEP SIDE, STEP FWD L, ½ PIVOT R , FULL TRIPLE SPIN FWD L**

- 1,2&3 Cross Rock L over R, Replace wt on R & Step L to L, Cross Rock R over L,  
4& Replace wt on L & Step R to R  
5,6,7&8 Step fwd L, Pivot ½ R, Full Triple Spin fwd over L Stepping L,R,L (6:00)

**TAG** OCCURS ON WALL 3 AFTER COUNT 32 & (FACING BACK WALL).  
COMPLETE TAG & START DANCE FROM COUNT 49.  
DANCE TO COUNT 67. STEP R TO R DRAG L

- 1,2 Cross R over L Travelling Fwd, Cross L over R travelling Fwd Note:

Dance looks a lot harder than it is. Take your time and space it out. Enjoy.

---