

12 Step Program For Love

48 Count, 4 Wall, Improver

Choreographer: Lisa McCammon (USA) Dec 2016

Choreographed to: 12 Step Program (Of Love) by D. D. Alan

140 bpm**Intro: 32 count intro****Note: Dance rotates counter clockwise; start weight on L crossed over R****Section 1 Side Strut, Back Rock, Recover, Side, Behind, Side, Cross**1-4 Touch R toes to side, drop heel, taking weight; rock back L, recover R
5-8 Step L to side, step R behind, step L to side, cross R**Section 2 Side Strut, Back Rock, Recover, Side, Behind, Side, Cross**1-4 Touch L toes to side, drop heel, taking weight; rock back R, recover L
5-8 Step R to side, step L behind, step R to side, cross L ****Restart****Section 3 Side Strut, Back Rock, Recover, Step, Brush, Cross Rock, Recover Right ¼**1-4 Touch R toes to side, drop heel, taking weight; rock back L, recover R
5-6 Step L to side, brush R
7 Cross rock R
8 Recover L whilst turning right ¼ [3] keeping weight on L ball**Section 4 Step, Brush, Step, Brush; Run, Run, Run, (Turning ½ Right), Hold**1-4 Step forward R, brush L, step forward L, brush R
5-6-7 Turning right ½ total [9], step forward R, L, R
8 Hold**Section 5 Step, Touch, Kick-Ball-Change; Dip, Dip**1-2 Step forward L, touch R next to L ("home")
3&4 Kick R forward, step R home, step L home
5-6 Step R to side bending knees slightly, straighten, touching L toes slightly forward
7-8 Step L to side bending knees slightly, straighten, touching R toes slightly forward**Section 6 Back, Touch, Back, Touch; Side Rock, Recover, Cross Rock, Recover**1-4 Step back R, touch L home, step back L, touch R home
5-8 Side rock R, recover L, cross rock R, recover L**Restart: After 16 counts during 5th repetition facing [12]**