

Choke Around

40 Count, 2 Wall, Improver
Choreographer: Linda Burgess (Aus)
Choreographed to: Choke by Sheppard
Album: Watching The Sky

16 counts intro

- 1-8** **WALK, WALK, SIDE/ROCK, REPLACE, FORWARD, WALK, WALK, SIDE/ROCK, REPLACE, FORWARD**
1,2,3&4 Walk forward R, L, rock/step R to R, replace weight to L, step forward R
5,6,7&8 Walk forward L, R, rock/step L to L, replace weight to R, step forward L (12:00)
- 9-16** **ROCK/FORWARD, REPLACE, ROCK/SIDE, REPLACE, BEHIND, SIDE, CROSS, SIDE, TOGETHER, SIDE, TOGETHER, HEEL, BALL, STEP**
1&2&3&4 Rock/step forward R, replace weight to L, rock/step R to R, replace weight to L, cross R behind L, step L to L, cross R over L
5&6&7&8 Touch L toe to L side, step L beside R, touch R toe to R side, step R beside L, touch L heel forward, step L beside R (on ball of foot), step forward R (12:00)
- 17-24** **SHUFFLE BACK, ½ R SHUFFLE FORWARD, BACK, HEEL, FORWARD, TOUCH, BACK, HEEL, FORWARD, TOUCH**
1&2,3&4 Step back L, step R beside L, step back L, turn ½ R & step forward R, step L beside R, step forward R
5&6&7&8 Step back L, touch R heel forward, step R in place, touch L beside R, step back L, touch R heel forward, step R in place, touch L beside R (6:00)
- 25-32** **WALK, WALK, STEP, PIVOT ½, STEP, STOMP, BOUNCE, BOUNCE, BOUNCE ½ L,**
1,2,3&4 Walk forward L, R, step forward L, quick pivot ½ R, step forward L
5&6&7&8 Stomp R forward, raise heels, turn ¼ L & lower heels, raise heels, turn 1/8 L & lower heels, raise heels, turn 1/8 L, lower heels (weights on L) (6:00)
- 33-40** **STOMP FORWARD, STOMP SIDE, TWIST, TWIST, TWIST, R SAILOR, L COASTER**
1,2,3&4 Stomp R forward, stomp L to L side, twist heels L, twist toes L, twist heels L
5&6,7&8 R sailor, L coaster (6:00)

Begin again

Restarts Wall 2 & 6. Dance counts 1-23&, then step forward L on 24. Both Restart facing 12:00