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**Alternative Music: Chokehold By Adam Lambert (3.45 mins)**

**If using Alternative music 16 counts intro**

**RL SIDE TOUCHES, SCISSOR CROSS, SIDE BEHIND ¼ L, STEP ¼ CROSS**

- 1&2& Step R to R side, (&) touch L next to R, step L to L side, (&) touch R next to L  
3&4 Step R to R side, (&) step L next to R, cross R over L  
5&6 Step L to L side, (&) cross R behind L, ¼ L step forward on L (9)  
7&8 Step forward on R, (&) ¼ L step L to L side, cross R over L (6)

**RHUMBA BOX WITH DIAGONAL TOUCHES**

- 1&2 Step L to L side, (&) step R next to L, step forward on L  
3&4& Step forward R to R diagonal, (&) touch L next to R, step back L to back L diagonal, touch R Next to L  
5&6 Step R to R side, (&) step L next to R, step back on R  
7&8& Step back L to L diagonal, (&) touch R next to L, step forward R to R diagonal, touch L Next to R

**CHASSE ¼ L, R ROCKING CHAIR, ½ L SHUFFLE TURN, L COASTER STEP**

- 1&2 Step L to L side, (&) step R next to L, ¼ L step forward on L (3)  
2&4& Rock forward on R, (&) recover back on L, Rock back on R, (&) recover forward on L  
5&6 ¼ L step R to R side, (&) step L next to R, ¼ L step back on R (9)  
7&8 Step Back on L, (&) step R next to L, step forward on L

**STEP OUT RL, R SAILOR STEP, L BEHIND SIDE CROSS, R SIDE ROCK TOUCH**

- 1-2-3&4 Step forward R to R side, step forward L to L side, cross R behind L, (&) step L to L side,  
step R to R side  
5&6 Cross L behind R, (&) step R to R side, cross L over R  
7&8 Rock R to R side, (&) recover weight on L, touch R next to L

**2 Types of music, the choice is yours**



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