

Gnos Das

32 Count, 4 Wall, High Beginner Choreographer: Matthew Sinyard (UK) Oct 2019 Choreographed to: Sad Song Backwards by Jake Shears

| Intro: | 8 Counts from main beat (approx. 18 seconds) |
|--|---|
| Section 1: 1 2 3 & 4 5 & 6 7 & 8 | Back, Back, Coaster Cross, Side Together Forward x2. Step back on right, step back on left. Step back on right, step left beside right, cross right in front of left. Step left to left side, step right beside left, step forward left. Step right to right side, step left beside right, step forward on right. |
| Section 2: | Step Tap Back, Shuffle 1/2 x2, Back Tap Forward. |
| 1 & 2 | Step forward on left, tap right behind left, step back on right. |
| 3 & 4 | Shuffle 1/2 turn left stepping L-R-L. |
| 5 & 6 | Shuffle 1/2 turn left R-L-R. |
| 7 & 8 | Step back on left, tap right in front of left, step forward on right. |
| Section 3: | Side Rock Recover, Behind Side Cross, Side Rock Recover, Behind 1/4 Step. |
| 1 2 | Rock left foot to left side, recover right. |
| 3 & 4 | Cross left behind right, step right to right side, cross left in front of right. |
| 5 6 | Rock right foot to right side, recover left. |
| 7 & 8 | Cross right behind left, make a 1/4 turn left stepping forward on left, step forward right. |
| Section 4: | Left Jazz Box Touch, Hip Sways x4. |
| 1 2 3 4 | Cross left in front of right, step back on right, step left to left side, touch right beside left. |
| 5 6 7 8 | Sway hips right left right left. |
| Enjoy x. | www.linedancerweb.com 🖬 @LinedancerHQ 😤 contact@linedancerweb.com |

, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tet: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 * charged at 10p per minute Why not join us for your next line dancing holiday visit www.KingsHillDanceHolidays.com