

Adoration

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kate Sala (UK)

Music: My Heart Is Lost to You - Brooks & Dunn



STEP RIGHT, TOGETHER, RIGHT CHASSE ¼ TURN, PIVOT ½ TURN, WALK, WALK

- 1-2 Step right to right side, close left next to right
- 3&4 Step right to right side, close left next to right, step right to right side with ¼ turn right
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Walk forward left, right

SIDE ROCK & CROSS, SIDE ROCK & CROSS, PIVOT ½ RIGHT, TURN ½ RIGHT, STEP

- 1&2 Rock on left to left side and slightly forward, step right in place and slightly forward, cross-step left over right
- 3&4 Rock on right to right side and slightly forward, step left in place and slightly forward, cross-step right over left
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Turn ½ right stepping back on left, step back on right

ROCK BACK, ROCK FORWARD, STEP FORWARD, SWEEP ¼ TURN, WEAVE

- 1-2 Rock back on left, rock forward on right
- 3-4 Step forward on left, sweep right round into a ¼ turn left
- 5-6 Cross-step right over left, step left to left side
- 7&8 Cross-step right behind left, step left to left side, cross- step right over left

TOE, KICK WITH ¼ TURN, COASTER STEP, JAZZ BOX

- 1-2 Touch left toe next to right instep with knee turned in, turn ¼ left on ball of right kicking left forward
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Cross-step right over left, step back on left
- 7-8 Step right to right side, step left next to right

REPEAT

TAG

When danced to the above suggested track at the end of the 3rd and 6th wall repeat the last 12 counts of the dance (from the weave. Count 5 of the 3rd section to the end of the dance) then start again from the beginning
