



Leave All Our Troubles Behind

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Manuela Gustavsson (SWE) - January 2023

Music: Be Alright - Chris Kläfford

Music available on amazon and Apple music.

Intro 16 counts - dance with lyrics (11 sec into track)

Restart after 8 counts on wall 7

ENDING: Dance 12 counts of Wall 10, finish the dance facing (12:00) by dancing a R sailor step without the ¼ turn R (12:00).

Section 1 (1-8): Dorothy step diagonal R, dorothy step diagonal L, jazz box

1 2 & Step RF fwd to R diagonal, lock LF behind RF, step RF fwd

3 4 & Step LF fwd to L diagonal, lock RF behind LF, step LF fwd

5 6 Step RF over LF, step LF back

7 8 Step RF to R side, step LF slightly fwd

Restart here on wall 7, facing 6:00

Section 2 (9-16): Side rock, sailor ¼ R, step touch 2x, rock fwd

1 2 RF to R side, recover onto LF

3 & 4 Make a ¼ turn R and cross RF behind LF, step LF to L side, step RF fwd (3:00)

5 & 6 & Step LF to L diagonal, touch RF beside LF, step RF to R diagonal, touch LF beside RF

7 8 Step LF fwd, recover onto RF

Section 3 (17-24): Full turn L, coaster step, sway 2x, chasse R

1 2 Make ½ turn L stepping LF fwd (9:00), make ½ L stepping RF back (3:00)

3 & 4 Step LF back, step RF next to LF, step LF fwd

5 6 Step RF to R and sway hips to R, sway hips to L

7 & 8 Step RF to R side, step LF next to RF, step RF to R side

Section 4 (25-32): Unwind full turn R, scissor step, rocking chair

1 2 Cross LF over RF, unwind full turn R keeping weight onto RF

3 & 4 Step LF to L side, close RF to L, cross LF over RF

5 6 Rock RF fwd, replace weight on LF,

7 8 rock RF back, replace weight on LF

Start again and have fun!

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Quelle: <https://www.copperknob.co.uk/>