

Gnos Das

32 Count, 4 Wall, High Beginner Level.

Choreographed by: Mathew Sinyard (UK)

Music: Sad Song Backwards – Jake Shears

Intro: 8 Counts from main beat (approx. 18 seconds)

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In Line We Dance
With Mat

Section 1 Back, Back, Coaster Cross, Side Together Forward x2.

- 1 2 Step back on right, step back on left.
- 3 & 4 Step back on right, step left beside right, cross right in front of left.
- 5 & 6 Step left to left side, step right beside left, step forward left.
- 7 & 8 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.

Contact: Mathew Sinyard - www.inlinewedance.co.uk - inline.wedance@gmail.com

Step Sheet Available on   