

Sent From Above

Count: 32

Wall: 4

Level: Improver WCS

Choreographer: Martine CANONNE (FR) & Martine Nageotte (FR) - August 2021

Music: Sent From Above - Dolly Parton : (iTunes - Single)

Start : 16 counts

[1 - 8] WALKS R & L, SAILOR ¼ w/SKATE R, SKATE L, SKATE TURN ¼ R, MAMBO

- 1 - 2 Step RF fwd, step LF fwd (open your body diagonally right)
- 3 & 4 Cross RF behind LF, turn ¼ right stepping LF to left side, skate RF diagonally right fwd (03:00)
- 5 - 6 Skate LF diagonally left fwd, turn ¼ right with skate RF fwd (06:00)
- 7 & 8 Step LF fwd, recover onto RF, step LF next to RF and pushing your hips back (weight onto LF)

[9 - 16] WALKS R & L, ANCHOR STEP, BACKS L & R, COASTER STEP

- 1 - 2 Step RF fwd, step LF fwd
- 3 & 4 Cross RF behind LF (3rd position), recover onto LF, step RF back
- 5 - 6 Step LF back, step RF back
- 7 & 8 Step ball LF back, step ball RF next to LF, step LF fwd

***** RESTART here wall 4 face 09:00 ******

[17 - 24] [SIDE ROCK, CROSS & CROSS] R & L

- 1 - 2 Step RF to right side, recover onto LF
- 2 & 3 Cross RF over LF, step LF to left side, cross RF over LF
- 5 - 6 Step LF to left side, recover onto RF
- 7 & 8 Cross LF over RF, step RF to right side, cross LF over RF

[25 - 32] POINT R & L &, POINT R-TOUCH-BACK R w/ DRAG HEEL L, COASTER STEP, STEP- TURN 3/4-POINT

- 1 & Touch point RF to right side, step RF next to LF
- 2 & Toucher point LF to left side, step LF next to RF
- 3 & 4 Touch point RF to right side, touch RF next to LF, make a big step RF back and drag heel LF
- 5 & 6 Step ball LF back, step ball RF next to LF, step LF fwd
- 7 & 8 Step RF fwd, weight onto LF : make ¾ turn left, touch point RF to right side (09:00)

FINAL : finish your dance after count 1 face 12:00

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