

ADAM ÅSTMAR

Make Your Choice

(September 2018)

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Information: 32 Counts, 3 wall, Intermediate.
Choreographer: Adam Åstmar (SE).
Music: "Love Me Or Leave Me" by Little Mix (3:26) ~ 67 bpm.
Intro: 8 counts from start of track (approx. 7 seconds)

Section	Steps & Explanations
1	L Cross /w Sweep. 1 / 8 Steps Fwd R, L. R Press Fwd. L Recover. R Back. L Back /w 1 / 8 Sweep. Sailor Step. L Cross. 1 / 4. 1 / 2.
1 – 2 &	(1) Slightly cross LF over RF and sweep RF from back to front. (2) Turn 1 / 8 to the left and step forward on RF. (&) Step forward on LF. {10:30}
3 – 4 &	(3) Press forward on RF. (4) Recover on LF. (&) Step back on RF.
5 – 6 &	(5) Step back on LF and sweep RF from front to back while turning 1 / 8 to the right. (6) Step RF behind LF. (&) Step slightly to the left on LF. {12:00}
7 & 8 &	(7) Step to the right on RF and angle your body slightly to the right diagonal. (&) Cross LF over RF. (8) Turn 1 / 4 to the left stepping back on RF. (&) Turn 1 / 2 to the left stepping forward on LF. {3:00}
2	R Basic. L Side. R Behind. 1 / 4. R Point. 1 / 2 /w Sweep. Weave R.
1 – 2 &	(1) Turn 1 / 4 to the left taking a big step to the right on RF and drag LF to RF. (2) Step LF slightly behind RF. (&) Cross RF over LF. {12:00}
3 – 4 &	(3) Step to the left on LF. (4) Step R behind LF. (&) Turn 1 / 4 to the left stepping forward on LF. {9:00}
5 – 6	(5) Point with RF to the right. (6) Turn 1 / 2 to the right closing RF next to LF and sweep LF from back to front. {3:00}
7 & 8 &	(7) Cross LF over RF. (&) Step to the right on RF. (8) Step LF behind RF. (&) Step to the right on RF.
Note	- Restart occurs here at wall 2. -
3	L Cross Rock. R Recover. L Side. 1 / 8 Prissy Walks R, L. 1 / 8 Serpiente'. 1 / 4.
1 – 2 &	(1) Cross rock LF over RF. (2) Recover on RF. (&) Step to the left on LF.
3 – 4	(3) Turn 1 / 8 to the left crossing RF slightly over LF. (4) Cross LF slightly over RF. {1:30}
5 & 6	(5) Cross RF over LF. (&) Turn 1 / 8 to the right stepping to the left on LF. (6) Step RF behind LF and sweep LF from front to back. {3:00}
7 & 8 &	(7) Step LF behind RF. (&) Step to the right on RF. (8) Cross LF over RF. (&) Turn 1 / 4 to the left stepping back on RF. {12:00}
4	L Rock Back. R Recover. Step 1 / 2 Turn. Step. Full Turn /w Sweep. R Cross. 1 / 4. R Side. L Cross. R Side.
1 – 2	(1) Rock back on LF. (2) Recover on RF.
3 & 4 &	(3) Step forward on LF. (&) Turn 1 / 2 to the right and place weight on RF. (4) Step forward on LF and prep upper body to the right. (&) Turn 1 / 2 to the left stepping back on RF. {12:00}
Note	- Restart occurs here at wall 6. Make the full turn as you usually do, but instead restart the dance with a step forward on LF instead of cross. -
5 – 6	(5) Turn 1 / 2 to the left stepping forward on LF and sweep RF from back to front. (6) Cross RF over LF. {6:00}
7 & 8 &	(7) Turn 1 / 4 to the right stepping slightly back on LF. (&) Step to the right on RF. (8) Cross LF over RF. (&) Step to the right on RF. {9:00}
Tag	The tag occurs after wall 3 facing {9:00} L Cross /w Sweep. R Cross. 1 / 4. R Back. L Back. 1 / 4.
1 – 2 &	(1) Cross LF over RF and sweep RF from back to front. (2) Cross RF over LF. (&) Turn 1 / 4 to the right stepping back on LF. {12:00}

3 – 4 &

(3) Step back on RF. (4) Step back on LF. (&) Turn 1 / 4 to the right stepping to the side on RF. {3:00}

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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