

My Final Pour

My Final Pour — Matt Lang



Intermédiaire

CHORÉGRAPHE

Joshua Talbot

COMPTES

32

MURS

4

ANNÉE

2023

RESTART

1

INTRODUCTION

16 counts – Start on Lyrics

SECTION 1 FWD ROCK, SIDE ROCK, BACK SWEEP, BEHIND, SIDE, CROSS, ½ CROSS ROCK, RECOVER, CROSS

COMPTES	PAS
1&2&	Rock R fwd, recover weight L, rock R to R, recover weight L
3-4&5	Step R back, sweep L to behind R, step R to R, step L over R
6&7	¼ L step R back, ¼ L step L to L, Cross rock R over L (6.00)
8&1	Recover weight L, step R to R, cross L over R

SECTION 2 ¼, ½, ¼ NC2, SIDE, BEHIND, ¼ FWD, R ¾ SPIRAL, L SHUFFLE FWD

COMPTES	PAS
2&3	¼ L step R back, ½ L step L fwd, ¼ L step R to R (6.00)
4&5	Rock L behind R, recover weight R, step L to L
6&	Step R behind L, ¼ L step L fwd (3.00)
7	Step fwd on to ball of R foot make ¾ L as you bring L foot up to R ankle (6.00)
8&1	Step L fwd, step R together, step L fwd

SECTION 3 ROCK FWD, RECOVER, ½ FWD, ½ L PENCIL TOGETHER, SWAY x2, R NC2, SIDE

COMPTES	PAS
2&3	Rock R fwd, recover weight L, ½ R step R fwd (12.00)
4	Keep weight on R foot as you slightly sweep L ½ R stepping L together (6.00)
5-6-7	Sway hips R, sway hips L, step R to R
8&1	Rock L behind R, recover weight R, step L to L

SECTION 4 WEAVE BEHIND, L SCISSOR, ¼, ½, WALK, WALK

COMPTES	PAS
2&3	Step R behind L, step L to L, cross R over L
4&5	Rock L to L, recover weight R, cross L over R
6&	¼ L step R back, ½ L step fwd (9.00)
7&8	Step R fwd, step L fwd (Optional Turn: Replace the last 2 counts with a full turn fwd) [32]

NOTES

Restart: On wall 2 dance to count 22 (Sway, Sway) add 2 extra sways before restarting.

To finish: On the last wall, replace the ¾ spiral with and ½ cross unwind to the front.

Demo and Tutorials can be found on my website or all good step sheet sites.

Joshua Talbot: +61 407 533 616 jbtalbot@inet.net.au www.jbtalbot.com

Helen Ng: +61 468 889 822 helen_de_cut@yahoo.com.au