Count: 32 Wall: 4 Level: High Improver WCS
Choreographer: Fred Whitehouse (IRE) \& Shane McKeever (N.IRE) - October 2020
Music: 123 - Jess Glynne (iTunes, etc. - 3:10)

Intro: 16 counts from very first beat in music (app 11. secs into track). Start with weight on L foot
**2 easy restarts: On walls 3 and 6 (both start at 6:00). Restarts happen after 20 counts, facing 12:00 each time

Ending: Wall 10 is your last wall (starts at 9:00). Do the first 16 counts, you're now facing 3:00. Once you finish your heel swivels you look to the front wall on count 17
[1-8] R step lock step, $L$ fwd, $R$ hitch, $R$ back slide, $L$ coaster step, $1 / 4 L C$ hip bump
1\&2 Step R fwd (1), lock L behind R (\&), step R fwd (2) 12:00
\&3-4 Step L a small step fwd (\&), hitch $R$ knee (3), step $R$ a big step back sliding $L$ towards $R$ (4) $12: 00$

5\&6 Step back on $L$ (5), step $R$ next to $L$ (\&), step fwd on $L$ (6) 12:00
7\&8 Turn $1 / 4$ left hitching $R$ knee bumping $R$ hip up to right (7); Step $R$ toe to right returning hips to $L$ hip (\&); Lower $R$ heel shifting weight to $R$ bumping $R$ hip down into a sit position (8) ... 9:00

## Styling: lift your L heel off the floor on count 8

[ $9-16$ ] $1 / 4 L$ fwd, $1 / 2 L$, shuffle $1 / 2 L$, R\&L heel switches, fwd $R$, swivels heels
1-2 Turn $1 / 4 L$ stepping $L$ fwd (1), turn $1 / 2 L$ stepping back on $R(2) 12: 00$
$3 \& 4 \quad$ Turn $1 / 4 L$ stepping $L$ to $L$ side (3), step $R$ next to $L$ (\&), turn $1 / 4 L$ stepping fwd on $L$ (4) 6:00
5\&6\& Touch R heel fwd (5), step R next to L (\&), touch L heel fwd (6), step L next to R (\&) 6:00 $7 \& 8 \quad$ Place $R$ foot fwd (7), swivel both heels $R(\&)$, swivel heels back to centre (8) ... weight $L$ 6:00
[17-24] 1/8 $R$ chassé touch, $1 / 8 L$ side step $L, R$ flick, weave, $1 / 4 L$ fwd, $R$ together, knee pop 1\&2\& $\quad$ Turn $1 / 8 R$ stepping $R$ to $R$ side (1), step $L$ next to $R(\&)$, step $R$ to $R$ side (2), touch $L$ next to $R(\&) 7: 30$
3-4 Turn 1/8 L stepping L a big step to $L$ side sliding $R$ towards $L$ (3), flick $R$ foot up and out to $R$ side (4) ... Styling: allow body to open up to $L$ diagonal ... 6:00

* Restarts: On walls 3 and 6, facing 12:00 each time

5\&6 Cross $R$ over $L$ (5), step $L$ to $L$ side (\&), cross $R$ behind $L$ (6) 6:00
\&7 Turn $1 / 4 L$ stepping fwd on $L$ (\&), step $R$ next to $L$ (7) 3:00
\&8 Lift both heels of the floor popping knees fwd (\&), step down on heels (8) ... weight on $L$ 3:00
[25-32] R shuffle back, L coaster step, syncopated R\&L step touches, V step
1\&2 Step back on $R(1)$, step $L$ next to $R(\&)$, step back on $R(2)$ 3:00
3\&4 Step back on $L$ (3), step $R$ next to $L$ (\&), step fwd on $L$ (4) 3:00
\&5\&6 Step $R$ a small step to $R$ side (\&), touch $L$ next to $R(5)$, step $L$ a small step to $L$ side (\&), touch R next to L (6) 3:00
\&7\&8 Step R fwd to R diagonal (\&), step L fwd to L diagonal (7), step R back to centre (\&), step L next to $R(8)$ 3:00

## Start again

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