

Official WCDF competition dance description 2013

Six.AM

Matt Oakley

Type : 32 Count, 4 Wall, Smooth (West Coast Swing)
Level : Novice
Music : "Sober" by Pink (91 BPM)

STEP, CROSS, STEP, PRESS, RECOVER,
STEP, ½ TURN, ½ TURN STEP BACK,
PRESS, RECOVER, LOCK STEP

1 LF step side left
& RF cross in front of LF
2 LF step side left
3 RF press ball of foot back
& LF recover
4 RF step forward
5 LF ½ turn left (6.00)
6 RF ½ turn left step back (12.00)
7 LF press ball of foot back
& RF recover
8 LF step forward
& RF lock behind LF
9 LF step forward

STEP, ROCK, RECOVER, STEP BACK,
CROSS, STEP BACK, ½ TURN, ¼ TURN,
¼ TURN, SWEEP

10 RF step forward
11 LF rock forward
& RF recover
12 LF step diagonally left back
13 RF cross in front of LF
& LF step back
14 RF ½ turn right step forward (6.00)
15 LF ¼ turn right step side left (9.00)
& RF ¼ turn cross in front of LF (12.00)
16 LF sweep from back to front

CROSS, STEP, TOUCH, ¾ TURN, STEP,
HOLD, STEP, STEP, HOLD, STEP, STEP

17 LF cross in front of RF
18 RF step side right
19 LF touch behind RF
& RF ¾ turn left (3.00)
20 LF step slightly forward
21 LF hold
& RF step next to LF
22 LF step forward
23 LF hold
& RF step next to LF
24 LF step forward

ROCK, RECOVER, STEP BACK, ROCK BACK,
RECOVER, STEP, FLICK, ROCK, RECOVER,
CROSS, FULL TURN, STEP, CROSS

25 RF rock forward
& LF recover
26 RF step back
27 LF rock back
& RF recover
28 LF step forward with foot turned in and
knee popped to right
& RF flick across back of left calf
29 RF rock side right
& LF recover
30 RF cross in front of LF
31 RF full turn left
32 LF step side left
& RF cross in front of LF