



May I Have This Dance



Choreographed by Chris Watson (Dare 2 Dance Tamworth), September 2019

Music: Slow Motion Album: Reflection Artist: Ashleigh Dallas

Dance Description: 32 Counts, 2 Walls, Intermediate Level

INTRO: 16 Counts

Step, Sweep, Cross, side, Behind, Sweep, Behind Side and step forward hitch, Shuffle, Cross, Side

- 1 Step R fwd sweeping L around
- 2&3 Cross L over R, Step R to R side, Step L behind R Sweeping R around
- 4&5 Step R behind L, 1/8 L Stepping L fwd, Step R fwd raising L knee (almost like a hitch)
- 6&7 Step L fwd, Step R together, Step L fwd Sweeping R around squaring up to 9:00
- 8& Cross R over L, Step L to L side

Behind, Side, Cross, Side rock, cross, 1/4, 1/4 Rock Replace, Together, behind & 1/4 Step Forward *

- 1&2 Step R behind L, Step L to L side, Cross R over L
- 3&4& Rock L to L side, Replace weight on R, Cross L over R, 1/4 L Stepping R back
- 5-6& 1/4 L Rocking L to L side, Replace weight on R, Step L together
- 7-8& Step R to R side dragging L, Step L behind R, * 1/4 R Stepping R fwd*

Walk, Walk, Mambo Step, Walk Back X 2, Rock with a knee pop, 1/4 Sweep

- 1-2 Walk fwd L then R
- 3&4 Rock L fwd, Replace weight on R, Step L back
- 5-6 Walk back R then L
- 7-8 Rock R back popping L knee fwd, Replace weight on L as you sweep R into a 1/4 L

Cross, Side, behind sweep

- 1&2 Cross R over L, Step L to L side, Step L behind R Sweeping R around
- 3&4& Step L behind R, 1/4 R Stepping R fwd, 1/2 R Stepping L back, 1/2 R Stepping R fwd
- 5-6& Rock L fwd, Replace weight on R, 1/2 L Stepping L fwd
- 7-8 Step R fwd, 1/2 L Pivot weight on L

BEGIN DANCE AGAIN FACING 6:00

Restarts:

On Wall 3, 5, 7, 8 Dance to count 16 and then replace the & count with 1/4 Turn Right stepping R forward as count 1 to Start the dance again at the new wall.

A huge thank you to Ashleigh Dallas for this beautiful song and friendship! Please download the music from iTunes or www.ashleighbdallas.com.au

www.dare2dance.org
www.chriswatsontravel.com.au