

THROUGH THE GRAPEVINE

Choreographed by Ronald "Ronny" Grabs
Description: 32 count, 4 wall, intermediate west coast swing line dance
Musik: I Heard It Through The Grapevine by Michael McDonald [110 bpm]
Intro: 32

FWD WALK-WALK, ENGLISH CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

1-2 Step r fwd, step l fwd
&3-4 Turn $\frac{1}{4}$ l and step r side (9:00), cross l over, turn $\frac{1}{4}$ r and step r fwd (12:00)
5-6 Rock l side, recover to r
7&8 Behind-side-cross l-r-l

SWAY R, HOLD, SWAY L-R-L, SAILOR STEP, SAILOR TURN $\frac{1}{4}$ L

1-2 Step r side and hip r, hold
3&4 Hip l, hip r, hip l
5&6 R sailor step
7&8 L sailor step turning $\frac{1}{4}$ l

FWD WALK-WALK, ANCHOR STEP, STEPPING $\frac{3}{4}$ TURN L, SAILOR STEP

1-2 Step r fwd, step l fwd
3&4 Step r slightly back, step l in place, step r in place
5-6 Turn $\frac{1}{2}$ l and step l fwd, turn $\frac{1}{4}$ l and step r side
7&8 L sailor step

CROSS ROCK, SWEEP-SAILOR TURN $\frac{1}{2}$ R, CROSS-HOLD, SIDE MAMBO-TOUCH

1-2 Cross/rock r over, recover to l
3&4 R sailor step turning $\frac{1}{2}$ r
5-6 Cross l over, hold
7&8 Rock r side, recover to l, touch r together

REPEAT

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