



A LESSON IN LOVE

Choreographers: Simon Ward (Australia) & Dee Musk (UK) (April 2016)

bellychops@hotmail.com deemusk@btinternet.com

Type of Dance: 48 count / 2 wall Advanced Nightclub Two Step

Choreographed to: "All I Ask" By Adele Album: 25, available on iTunes

Notes: Dance starts on vocals, approx. 13 secs into track

Dance ends facing front wall on count 5 (L sweep)

Restart/Step Change during Walls 3 & 6, See notes.

Counts:

Footwork:

End Facing

- 1-8& R back drag L, L back, ½ turn R, L fwd, Pivot ½ R, ½ turn R, R back with sweep, L behind, R side, L twinkle, Cross/step R**
- 1-2& Step large step back on right dragging left towards right, Step left back, Turn a ½ turn right stepping right forward 6.00
- 3-4& Step left forward pivoting ½ turn right, Complete ½ turn right stepping onto right 12.00
Turn ½ turn right stepping left back 6.00
- 5-6& Step right back sweeping left back and behind right **6.00**, Step left behind right, Step right to right side 6.00
- 7&8& Cross/step left over right, Step right slightly to right, Step left in place, Cross/step right over left 6.00
- 9-16& L side, ¾ spiral turn R, R fwd, ½ turn R with sweep, R behind, L side, Syncopated circle**
- 1-2 Step left to left side spiral turning ¾ turn right **3.00**, Step right foot slightly forward
- 3-4& Make a ½ turn right stepping left back sweeping right back **9.00**, Step right behind left, Step left slightly to left ***Restart 1***
- 5& Step right forward turning 1/8 turn left **7.30**, Turn a further 1/8 left cross/stepping left over right 6.00
- 6& Step right slightly back, Turn a further 1/8 left stepping left slightly back 4.30
- 7& Step right behind left, Step left slightly left
- 8& Step right forward starting to turn to **3.00**, Cross/step left over right turning 1/8 turn left to 3.00
- 17-24& R basic, L basic, Lunge R with heel, ¾ turn right on L, R fwd, L fwd, Step R beside L**
- 1-2& Step right to right side, Step left slightly behind right, Cross/step right over left 3.00
- 3-4& Step left to left side, Step right slightly behind left, Cross/step left over right 3.00
- 5-6 Lunge right to right side touching left heel to the ground, Recover weight onto left turning a ¾ turn right hooking right under left 12.00
- 7-8& Step right forward, Step left slightly forward, Step right beside left 12.00
- 25-32& L back, ¼ turn R swaying R,L,R, Cross L jazz box with sweep, R behind, L side, Cross/rock R, Recover L**
- 1-2 Step left back dragging right towards left, Turn ¼ turn right stepping right to right swaying body right 3.00
- 3-4 Step left to left swaying body left, Step right to right swaying body to right 3.00
- 5&6 Cross/step left over right, Step right slightly to right & back, Step left slightly back sweeping right back 3.00
- 7&8& Step right behind left, Step right slightly to right, Cross/rock right over left, Recover weight onto left 3.00
- 33-40& R side, ¼ turn R, R back, L coaster/step cross, R basic, Rock to L, Recover R, Cross/step L, ¼ turn L**
- 1-2 Step right to right side, Pivot ¼ turn right taking weight back on left & stepping back on left 6.00
Restart 2
- 3&4& Step right slightly back, Step left back, Step right beside left, Cross/step left over right 6.00
- 5-6& Step right to right side, Step left slightly behind right, Cross/step right over left 6.00
- 7&8& Rock/step left to left side, Recover weight onto right, Cross/step left over right, Turn ¼ turn left stepping right back 3.00
- 41-48& Rock L back, Recover R, ½ turn L, Rock R back, Recover L, ¼ turn L, Rock L back, Walk R, L, Rock R fwd, Recover L**
- 1-2& Rock/step left back, Recover weight onto right, Turn a ½ turn right stepping left back 9.00
- 3-4& Rock/step right back, Recover weight on left, Turn a ¼ turn left stepping right back 6.00
- 5 Rock/step left back
- 6-7 Walk forward right, left right 6.00
- 8& Rock/step right forward, Recover weight on left 6.00

RESTART

Step Change/Restart during Wall 3

Dance to count 4& of section 2 then replace counts 5&6&7&8& with;

5-6 Step R forward to 9.00, Cross/Step L forward to 7.30.

7-8 Step R back to 6.00, make a ½ turn L stepping L forward to 12.00.

(These 4 counts are like a Jazzbox turning L). (Make a ½ turn L to Restart facing 6 o'clock wall).

Step Change/Restart during Wall 6

Dance to count 2 of section 5 then replace counts 3&4& with;

3&4& Back Rock R, Recover, Forward Rock R, Recover. (Restart facing 12 o'clock wall).