METRONOM

Counts: 32 Counts / 4 Wall / Clockwise Motion: West Coast Swing

Music: Metronom by Aleksej Choreographer: Frank David Buchmann

Level: Newcomer

**1 – 8 Side, Drag, Anchor Step, Step fwd L/R, Anchor Step**

1 LF big Step L

2 RF drag next to LF

3 RF step behind LF /w weight on RF

& Change weight back to LF

4 Change weight to RF

5 LF step fwd

6 RF step fwd

7 LF step behind RF /w weight on LF

& Change weight back to RF

8 Change weight to LF

**9 – 16 Sailor Step, Sailor ¼ turn l, Rock Step fwd, Cross behind, unwind ¾ turn**

1 RF cross behind LF

& LF step L

2 RF step R

3 LF cross behind RF

& RF step r /w ¼ turn L (9 O’Clock)

4 LF step fwd

5 RF step fwd /w weight on RF

6 Change weight back to LF & Sweep RF back

7 RF cross behind LF

8 ¾ turn R (6 O’Clock)

**17 – 24 Side Rock, Cross Shuffle, Step R, Sweep ¼ turn l, Sailor Step**

1 LF step L /w weight on LF

2 Change weight back to RF

3 LF cross over RF

& RF step R

4 LF cross over RF

5 RF step R

6 Sweep LF back /w ¼ turn L (3 O’Clock)

7 LF cross behind RF

& RF step R

8 LF Step fwd

**25 – 32 Touch R, Step, Touch L, Step fwd L/R, Out-Out, In-Cross**

1 RF touch R

2 RF step next to LF

3 LF touch L

4 LF step fwd

5 RF step fwd

6 LF step L

& RF step R

7 LF step next to RF

8 RF Cross over LF