# Sadness

**Count:** 32 **Wall:** 2 **Level:** Advanced NC
**Choreographer:** Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - October 2020
**Music:** Sadness - Connor Duermit : (iTunes, etc. - 4:07)

**Intro: 4 counts from very first beat in music (app 5. secs into track). Start with weight on L foot**
**Restart: On wall 2 (starts at 6:00), after 16 counts, now facing 12:00**
**Ending: When finishing off your last wall facing 6:00 step R fwd and slowly turn ½ L to face 12:00**

**[1 - 8] R fwd, ¼ L, weave, behind side cross 1/8 R hitch, back RL, R back rock, full turn**

| | |
|---|---|
| 1 - 2 | Step R fwd (1), turn ¼ L stepping onto L (2) 12:00 |
| &3& | Cross R over L (&), step L to L side (3), cross R behind L sweeping L to L side (&) 9:00 |
| 4&5 | Cross L behind R (4), step R to R side (&), turn 1/8 R stepping L fwd hitching R knee (5) 10:30 |
| 6&7 - 8 | Step back on R (6), step back on L (&), rock back on R looking over R shoulder (7), recover fwd onto L (8) 10:30 |
| &a | Turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a) 10:30 |

**[9 - 16] Step ½ L, run LR, L basic, full turn box L, R step lock step, step L fwd**

| | |
|---|---|
| 1&2& | Step R fwd (1), turn ½ L on R (&), step L fwd (2), step R fwd (&) 4:30 |
| 3 - 4& | Turn 1/8 R stepping L a big step to L side (3), close R behind L (4), cross L over R (&) 6:00 |
| 5&6& | Making ¼ L Step R back (5), turn ¼ L stepping L fwd (&), turn ¼ L stepping R back (6), turn 1/4 L stepping L fwd (&) 6:00 |
| 7&8& | Step R fwd (7), lock L behind R (&), step R fwd (8), step L fwd (&) ... * restart on wall 2, facing 12:00 6:00 |

**[17 - 25] ¼ L side R, touch, 1 1/8 L, hitch, ½ L, full spiral, fwd R, ½ R, 5/8 R leg lift, L cross rock**

| | |
|---|---|
| 1& | Turn ¼ L stepping R to R side reaching R arm fwd (1), touch L next to R pulling R arm in prepping body slightly R (&) 3:00 |
| 2&3& | Turn ¼ L stepping L fwd (2), turn ½ L stepping back on R (&), turn 3/8 L stepping L fwd (3), hitch R knee slowly (&) 1:30 |
| 4&5& | Step R fwd (4), turn ½ L on R (&), step down on L (5), spiral a full turn R on L (&) 7:30 |
| 6&7 | Step R fwd (6), turn ½ R stepping back on L (&), turn ½ R stepping onto R foot lifting L leg fwd and up AND turning 1/8 R on R (7) ... 9:00 |

**(Terminology for leg lift: rond de jambe)**

| | |
|---|---|
| 8 - 1 | Cross rock L over R (8), recover back on R hitching L knee (1) ... Styling for cross rock: bend in knees and collapse in upper body (8), straighten body (1) 9:00 |

**[26 - 32] Behind side, L cross rock, side L, R cross rock, R side rock, behind ¼ L, full turn L**

| | |
|---|---|
| 2&3 | Cross L behind R (2), step R to R side (&), cross rock L over R (3) 9:00 |
| 4& | Recover back on R (4), step L to L side (&) 9:00 |
| 5&6& | Cross rock R over L (5), recover back on L (&), rock R to R side (6), recover on L (&) 9:00 |
| 7& | Cross R behind L (7), turn ¼ L stepping L fwd (&) 6:00 |
| 8& | Turn ½ L stepping back on R (8), turn ½ L stepping fwd on L (&) ... |

**Turny option: add another full turn which make the counts 8e&a: Turn ½ L stepping back on R (8), turn ½ L stepping fwd on L (e), turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a) 6:00**

**Start again**

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