

Dolly From Above

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jan Martin (AUS) - August 2026

Music: Sent From Above - Dolly Parton

or: SENT FROM ABOVE EXTENDED TCJ REMIX - TC Jones Remixes



Approx 16 count Intro Words "I Go to" ... No Tags or Restarts

Start Weight on (L) ... Right Foot Leading

Sec1: (R) Rock Back/Recover ~ Shuffle Fwd Step (L) Fwd ~ Pivot 1/4 Turn (R) ~ (L) Cross Shuffle

1~2 Step Back on R ~ Recover on L
3&4 Shuffle Fwd (R~L~R)
5~6 Step L Fwd ~ Pivot 1/4 R (Weight on R)
7&8 Cross L over R ~ Step R Slightly R ~ Cross L over R (3.00)

Sec2: (R) Rumba Back with Shuffle (L) Rumba Fwd with Shuffle

9~10 Step R To R ~ Step L Beside R
11&12 Step R Back ~ Step L Beside R ~ Step R Back
13~14 Step L To L ~ Step R Beside L
15&16 Step L Fwd ~ Step R Beside L ~ Step L Fwd

Sec3: V Step ~ Side Mambo's (R&L)

17~18 Step R Out/Fwd to R Diagonal ~ Step L Out/Fwd to L Diagonal
19~20 Step R Back to Centre ~ Step L Beside R
21&22 Rock R to R ~ Recover on L ~ Step R Beside L
23&24 Rock L to L ~ Recover on R ~ Step L Beside R

Sec4: (R) 1/4 Turn Jazz-box ~ 2x (1/8th) Paddles (L)

25~26 Cross R over L ~ Step Back on L
27~28 Step R 1/4 R Stepping on R ~ Step L Beside R (Slightly Fwd) (6.00)
29~30 Step R Slightly Fwd ~ Pivot 1/8th L (On Balls of Feet) Weight on L
31~32 Step R Slightly Fwd ~ Pivot 1/8th L (On Balls of Feet) Weight on L (3.00)

Ending: Wall (7) ~ Starts Facing (6.00) If you Wish to Finish at (12.00)

Turn V Step 1/4 R To the Front ~ If using shorter song

Start Again

In Loving Memory of Dolly Parton ~ We Will Always Dance to Your Songs R.I.P