



Falling



Choreographed by **Rachael McEnaney-White (UK/USA) (September 2016)**

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Description:	68 Counts, Phrased 1 wall, Advanced Nightclub 2 step Line Dance,
Music:	"Falling" – Clare Bowen (Album: Nashville Season 1, Vol 2)
Count In:	8 counts from start of track, dance begins on vocals. Approx 124 bpm
Video:	
Notes:	The first 28 counts of the dance are sections of 7 (not the usual 8). The step description includes some arm styling (<i>typed in RED italics</i>). However, please note that the arms ARE optional to add styling only, the dance doesn't require them, they are also SOFT arms. A-B-C, A-B-C, TAG, B-B-C-C (<i>note: the easiest way to describe tag/bridges/restarts in the step sheet was to write as ABC</i>)

Section	Footwork	End Facing
A: 1 - 7	L fwd, ½ pivot R, L fwd, ½ turn L, ¼ turn L swaying L, sway R, sway L into L nightclub basic	
1 2 3 &	Step forward L (1), pivot ½ turn right (2), step forward L (3), make ½ turn left stepping back R (&),	12.00
4 5	Make ¼ turn left stepping L to left side swaying upper body left (4), transfer weight R swaying body right (5),	9.00
6 7 &	Transfer weight L swaying body left (6), step R slightly behind L (7), cross L over R (&)	9.00
A: 8 - 14	R nightclub basic, ¼ turn L, ½ turn R stepping fwd R sweeping L, fwd L sweep R, fwd R sweep L, L cross rock	
1 2 &	Step R to right side (1), step L slightly behind R (2), cross R over L (&)	9.00
3	Make ¼ turn left stepping forward L (<i>open body to diagonal 4.30</i>) (3) <i>Take L arm forward and out to left with palm up</i>	6.00
& a	<i>Place back of R hand on top of palm of L hand (&), bring both hands towards chest then continue turning them out so palms face out (a)</i>	6.00
4 5 6	Make ½ turn right stepping forward R as you sweep L (4), step forward L sweeping R (5), step forward R sweeping L (6) <i>With palms still facing out open hands apart and out to sides at eye level (4,5,6)</i>	12.00
7 &	Cross rock L over R (7), recover weight R (&)	12.00
A: 15-21	¼ turn L, R fwd rock, 1 ½ turns right, L cross rock with L sweep, L behind, R side	
1	Make ¼ turn left stepping forward L (1) <i>Begin taking L arm out to left side at shoulder height</i>	9.00
2 &	Rock forward R (2), recover weight L (&) <i>Touch R hand to L shoulder and continue taking arms to left</i>	9.00
3 &	Make ½ turn right stepping forward R (3), make ½ turn right stepping back L (&) <i>Keeping arms at just below shoulder height – slide R hand down L arm until hands touch (arms will be in front of body), then continue sliding L hand down R arm until it reaches L shoulder</i>	9.00
4	Make ½ turn right stepping forward R as you sweep L (4) <i>Let L hand continue to slide across chest to just open naturally</i>	3.00
5 6 7 &	Cross rock L over R (5), recover weight R as you sweep L (6), cross L behind R (7), make 1/8 turn right stepping R to right side (&)	4.30
A: 22-28	L rocking chair, L fwd, ½ pivot R, ½ turn R stepping back L, R back sweeping L, L back sweeping R, R behind, L side	
1 & 2 &	Rock forward L (1), recover weight R (&), rock back L (2), recover weight R (&)	4.30
3 & 4	Step forward L (3), pivot ½ turn right (weight ends R) (&), make ½ turn right stepping back L as you sweep R (4)	4.30
5 6 7 &	Step back R sweeping L (5), step back L sweeping R (6), cross R behind L (7), make 1/8 turn right stepping L to left side (&)	6.00
A: 29-36	Weave: R cross, L side, R behind, L side. R cross rock, R side, L cross, R nightclub basic, 1 ¼ turns L (pique turn option)	
1 & 2 &	Cross R over L (1), step L to left side (&), cross R behind L (2), step L to left side (&),	6.00
3 & 4 &	Cross rock R over L (3), recover weight L (&), step R to right side (4), cross L over R (&)	6.00
5 6 &	Step R to right side (5), step L slightly behind R (6), cross R over L (&)	6.00
7	Make ¼ turn left stepping forward L (Option: as you step onto L lift R foot to touch L calf in a figure 4 shape) (7)	3.00
& 8	Make ½ turn left stepping back R (&), make ½ turn left stepping forward L as you sweep R (8)	3.00
A: 37-44	Syncopated cross rocks, ¼ turn L, ½ chase turn L, full triple turn fwd R, slow step forward over 2 counts.	
1 & 2 & 3	Cross rock R over L (1), recover weight L (&), step R to right side (2), cross rock L over R (&), recover weight R (3)	3.00
& 4 & 5	Make ¼ turn left stepping forward L (&), step forward R (4), pivot ½ turn left (&), step forward R (5)	6.00
6 & 7 8	Make ½ turn right stepping back L (6), make ½ turn right stepping forward R (&), take a slow step forward L (7, 8)	6.00

B: 1-8	R forward rock, ½ turn R, L forward rock, ¼ turn L, R cross, L side, R back rock, ¾ turn L, R forward rock (body styling)	
1 2 &	Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (&)	12.00
3 4 &	Rock forward L (3), recover weight R (4), make ¼ turn left stepping L to left side (&)	9.00
5 & 6 &	Cross R over L (5), step L to left side (&), rock back R (6), recover weight L (&)	9.00
7 &	Make ¼ turn left stepping back R (7), make ½ turn left stepping forward L (&),	12.00
8 &	Rock forward R (<i>styling: collapse body forward</i>) (8), recover weight L (<i>styling: raise body back to standing</i>) (&)	12.00
B: 9-16	R back rock, ½ turn L back R, L back rock, ¼ turn R side L, back R with L sweep, L behind, R side, L point (<i>arms: port de bras fwd</i>)	
1 2 &	Rock back R (1), recover weight L (2), make ½ turn left stepping back R (&)	6.00
3 4 &	Rock back L (3), recover weight R (4), make ¼ turn right stepping L to left side (&)	9.00
5 6 &	Step back R (slightly behind L) as you sweep L (5), cross L behind R (6), step R to right side (&),	9.00
7 8	Make 1/8 turn right as you point L toe forward (7), hold (8) <i>take R arm down and forward as if sliding down front of L leg, L arm is to side and slightly back (7), R arm continues to then move up and back as L arm comes forward ready for next section :-)</i> (8)	10.30
C: 1 – 8	L rock fwd (<i>optional arabesque</i>), L side, R cross rock with sweep, R behind, L side, R rock fwd (<i>optional arabesque</i>), R side, L cross with sweep, L behind, ¼ turn R	
1 & 2	Rock forward L (<i>option to raise R leg back into arabesque</i>) (1), recover weight to R (&), make 1/8 turn left stepping L to left side (2),	9.00
& 3	Cross rock R over L (<i>option to bring L foot behind R ankle in 'coupe'</i>) (&), recover weight L as you sweep R (3)	9.00
4 &	Cross R behind L (4), step L to left side (&)	9.00
5 & 6	Make 1/8 turn left as you rock R fwd (<i>option to raise L leg back into arabesque</i>) (5), recover weight to L (&), make 1/8 turn right stepping R to right side (6)	9.00
& 7	Cross rock L over R (<i>option to bring R foot behind L ankle in 'coupe'</i>) (&), recover weight R as you sweep L (7)	9.00
8 &	Cross L behind R (8), make ¼ turn right stepping forward R (&)	12.00
TAG:	L fwd, R fwd into ½ chase turn L, L fwd, ½ pivot R, ½ turn R stepping back L sweep R, back R sweep L, back L sweep R, back rock R.	
1 2 & 3	Step forward L (1), step forward R (2), pivot ½ turn left (&), step forward R (3)	6.00
4 & 5	Step forward L (4), pivot ½ turn right (&), make another ½ turn right on ball of R as you step back L sweeping R (5)	6.00
6 7 8 &	Step back R sweeping L (6), step back L sweeping R (7), rock back R (8), recover weight L (&)	6.00
PHRASE	<i>As explained in the notes the dance should feel like one long dance – ABC, ABC, then add the TAG, you will then be facing the back to do part B which ends facing 10.30 transfer the weight to L on count 8 and do part B again facing the front. You will then be facing 3.00 and do part C twice. GOOD LUCK ☺</i>	