

## ... Focus on Kate Sala





'Wow" what amazing guitar playing in the song. I just had to choreograph to this amazing piece of music, great vocals by Joss Stone. I heard this music at the setting up of a country music festival in France, it was a CD that the sound technician was playing in the background and of course my ears pricked up immediately. Not everyone enjoys waltzes but if you do and you're an intermediate then it's one to try. It leaves you with a feel good factor at the end!

# **Emotions**

## 2 WALL - 96 COUNTS - INTERMEDIATE

Steps	Actual Footwork	Calling Suggestion	Direction
<b>Section 1</b> 1-3 4-6	Step Forward, Side Touch, Hold, Step Back, Side Touch, Hold Step left forward. Touch right toe to right side. Hold. Step right back. Touch Left toe to left side. Hold.	Step Point Hold Step Point Hold	Forward Back
Section 2 1-3 4-6	Step Forward, 1/2 Turn, Step Back, Rock Back Step left forward. Turn 1/2 left stepping back on right. Step left back. Rock back on right over 3 counts	Step Turn Step Rock	Forward
Sections 3&4	Repeat Section 1 & 2 facing 6 o'clock		
Section 5 1-3 4-6	Step Forward, Sweep, Cross Twinkle Step left forward. Sweep right to the right from back to front over 2 counts (12 o'clock) Cross step right over left. Step left out to left side. Step right in place.	Step Sweep Cross Twinkle	Forward On the spot
Section 6 1-3 4-6	Step Forward, Sweep, Cross Step, Unwind 1/2 Turn Step left forward. Sweep right to the right from back to front over 2 counts. Cross right over left. Unwind 1/2 turn left over 2 counts (weight on right)	Step Sweep Cross Unwind	Forward Turning left
Section 7 1-3 4-6	Weave, Step Side, Sway Cross left behind right. Step right to right side. Cross left over right (6 o'clock) Step right to right side. Sway right.	Behind Side Cross	Right
Section 8 1-3 4-6	Sway, Triple Full Turn Sway left over 3 counts Turn 1/4 right stepping forward on right. Turn 1/2 right stepping back on left. Turn 1/4 right stepping right to right side.	Sway Turn Turn Turn	On the spot Right
<b>Section 9</b> 1-3 4-6	Cross Step, Unwind 1/2 Turn, Sweep, Step Back, Sway Cross left over right. Unwind 1/2 turn right keeping weight on left. Sweep right out to right and back. Step right back. Sweep left to left side from front to back over 2 counts (12 o'clock)	Cross Unwind Sweep Back Sweep	Turning Right Back
Section 10 1-3 4-6	Step Back, Sweep, Coaster Step Step left back. Sweep right to right side from front to back over 2 counts. Step right back. Step left beside right. Step right forward.	Back Sweep Coaster Step	Back On the spot
<b>Section 11</b> 1-3 4-6	Step Forward, 1/4 Turn with Hitch, Step, Drag Step left forward. Turn 1/4 left on ball of left hitching right knee up over 2 counts. (9 o'clock) Step right long step to right. Drag left towards right over 2 counts (weight remains on right)	Step Turn Hitch Step Drag	Turning Left Right
Section 12 1-3 4-6	Cross Twinkle x 2 Cross left behind right. Step right to right side. Step left in place. Cross right behind left. Step left to left side. Step right in place.	Left Twinkle Right Twinkle	On the spot
Section 13 1-3 4-6	Cross Step, Sweep, Weave Cross left behind right. Sweep right to right side from front to back over 2 counts Cross right behind left. Step left to left side. Cross right over left.	Behind Sweep Behind Side Cross	On the spot Left
Section 14 1-3 4-6	Rock Forward, Grapevine Rock forward on left to left diagonal over 3 counts Step right to right side. Cross left behind right. Step right to right side.	Forward Rock Right Grapevine	On the spot Right
Section 15 1-3 4-6	Cross Rock, Weave Cross rock left over right over 3 counts Recover onto right. Step left to left side. Cross right over left.	Cross Rock Recover Side Cross	On the spot Left Cross
<b>Section 16</b> 1-6	Unwind 1 1/4 Turn Unwind 1 1/4 turn left over 6 counts weight ending on right	Unwind	Turning Left

### Choreographed by:

Kata Sala UK August 2010.

#### Choreographed to:

1 Put A Spell On You' by Jeff Beck Feat. Joss Stone (175 BPM) from CD 'Emotion & Commotion' also available as download from itunes



A video clip of this dance is available at www.linedancermagazine.com