“Like A Phoenix”

Count: 48 Wall: 4 Level: Intermediate/Advanced
Choreographer: Rhoda Lai (Canada) March 2015
Music: “Phoenix” by Molly Sandén (3:20) (iTunes)

Intro: 16 counts Note: 1 Restart in Wall 3

S1	**Press L/recover sweep, Anchor Step, ¼ R/point L, ¼ L, ½ L ½ L, R Forward Rock/recover**	
12	Press forward L, recover onto R while sweeping L from front to back	
3&4	Step on the ball of L behind R, recover onto R, Step down L	
&5	¼ R step R to R side, point L to L side	(3:00)
6	¼ L step down L	(12:00)
7&8&	½ L stepping R back, ½ L stepping L forward, rock forward R, recover onto L	
S2	**Back R/ together L, Heel turn ½ L, Tippy-toes, Fwd R, L Mambo, R Coaster, Fwd Lock Shuffle, Sweep**	
12	Step back R, step L beside R	
&	With weight on heels of both R & L, make ½ L by raising the balls of both feet	(6:00)
34	Lift on the ball of both feet with ending weight on L (like tippy-toes), step forward R	
5&6	Rock L forward, recover onto R, step back L	
7&8	Step back R, step L beside R, step forward R (beginning of forward lock shuffle)	
&1	Lock L behind R, step forward R while sweeping L from back to front	
S3	**Turning Weave, R Cross rock, Side rock, Behind - ¼ L- Forward**	
2&3	Cross L over R, ⅛ L stepping back R, step back L	
&4	Step back R, ⅛ L stepping forward L	(3:00)
5&6&	Cross R over L, recover onto L, rock R to the side, recover onto L	
7&8	Step R behind L, ¼ L stepping L forward, step forward R	(12:00)
S4	**(Step Forward L Pivot ½ R) X 3, Forward L, (Turning Step Touch) x 3, ⅛ L, Together**	
1&2&	Step forward L, pivot ½ R, step forward L, pivot ½ R**,** *(Easy option: L rocking chair)*	
3&4	Step forward L, pivot ½ R, step forward L	(6:00)
5&	⅛ L stepping R to the side (4:00), touch L beside R	
6&	¼ L stepping L to the side (1:00), touch R beside L,	
7&	¼ L stepping R to the side (11:00), touch L beside R	
8&	⅛ L stepping L to the side, step R beside L	(9:00)
*****Restart here during 3rd Wall, see below**		
S5	**¼ L Lock Shuffle, ½ R Lock Shuffle, ½ L, Step Pivot ½ L, Cross-side-heel-together**	
1&2	¼ L stepping forward L, step R behind L, step forward L	(6:00)
3&4	½ R stepping forward R, step L behind R, step forward R	(12:00)
5&6	½ L stepping forward L, step R forward, pivot ½ L	
7&8&	Cross R over L, step L to L, tap R heel to R diagonal, step R in place	
S6	**Cross L, Big Step R, Drag L, Sway LR, ¼ L, Step Pivot ½ L, Spiral full turn L, Run L R**	
1&2	Cross L over R, take a big step to the R, drag L heel towards R	
3&4	Sway upper body to L, R, ¼ L stepping forward L	(9:00)
56	Step forward R, pivot ½ L	(3:00)
78&	Step R forward while making a spiral full turn L, step forward L, R	

*****Restart**: on Wall 3, restart the dance after S4 facing 3:00

Special thanks to **Fake In Line** for giving me the opportunity to teach in my first European dance workshop in Sweden.

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