

# Footprints in the Sand



## Competition Step Sheet

### DIVISION: Advanced

Description: 32 Counts, 4 Walls, Smooth (Nightclub), Non-Country  
Choreographer: Dee Musk  
Music: Footprints in the Sand by Leona Lewis  
Count-in: 14 Count Intro - start just before main vocals  
(approx 14 secs from beginning of track)  
Note: Dancers will dance Wall 1 Vanilla, Tag Vanilla, Wall 2  
Vanilla, Wall 3 Variation, Vanilla to finish (music will fade  
before the tag on the 5<sup>th</sup> Wall)

#### **1-9 SIDE LUNGE, ¼ TURN R, TOGETHER WITH DIP, UNWIND ¾ TURN R WITH SWEEP, BEHIND SIDE STEP, STEP WITH SWAYS, BACK CROSS BACK**

- 1,2& Bending L knee lean and lunge out to the L side keeping R leg straight with toe pointed, make a ¼ turn R placing weight forward on R, step L beside R and dip bending knees slightly  
3 Straightening up make a ¾ turn R sweeping R around behind L  
4&5 Cross step R behind L, step L to L side, step forward on R  
6&7 Step forward on L swaying body forward, back, forward  
8&1 Step back on R, cross step L over R, step back on R (facing 12.00)

#### **10-16 BACK CROSS BACK TOGETHER, STEP STEP, FULL SPIRAL TURN, STEP, STEP PIVOT STEP**

- 2&3& Step back on L, cross step R over L, step back on L, step R beside L  
4& Step forward on L, step forward on R  
5,6 Turning L make a full spiral turn on the ball of R, step forward and down on L  
7&8 Step forward on R, make a ½ turn L, step forward on R. (facing 6.00)

#### **17-25 ½ TURN R, ¼ TURN R INTO BASIC, CROSS ¼ TURN R, ¼ TURN R INTO BASIC, SIDE TOGETHER, CROSS ROCK WITH RONDE**

- &1 Travelling forward make a ½ turn R stepping back on L, make a ¼ turn R stepping R to R side  
2& Close LF beside RF, recover weight to RF  
3 Step LF to L side  
4&5 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side  
6& Step L beside R, cross R over L  
7 Step L to L side  
8&1 Close R beside L, cross rock L over R, recover weight to R whilst ronde L around and behind R (facing 9.00)

#### **26-32 BEHIND SIDE STEP, TWIST ½ TURN R, TWIST A FULL TURN L, BEHIND SIDE CROSS, ¼ TURN L ¼ TURN L CROSS**

- 2&3 Step L behind R, step R to R side, step forward on L  
4 With knees slightly bent and weight forward on L twist a ½ turn R replacing weight to ball of R  
5 Keeping knees slightly bent and weight forward on ball of R twist a full turn L sweeping L round and behind R  
6&7 Cross step L behind R, step R to R side, cross step L over R  
8&8 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, cross R over (facing 9.00)

**TAG occurs at the end of the 1st wall facing 9.00:**

**1-4 2 x Nightclub Basics**

1,2& Step L to L side, close R beside L, cross L over R  
3,4& Step R to R side, close L beside R, cross R over L