

Above and Beyond

Choreographer: Rob Charity May 2011

Song: Above and Beyond

Artist: Rodney Crowell

Album: The Crowell Collection

Beats: 32 Walls: 4

Level: Beginner+ Rotation: Clockwise. Start after 16 beats

Heel Strut, Heel Strut, Forward Recover, Back Strut

1 2 3 4 Step forward on Right Heel, drop weight onto Right Toe, Step forward on Left Heel, drop weight onto Left Toe

5 6 Step forward on Right Foot, recover weight back onto Left Foot

7 8 Step back on Right Foot, drop Right Heel to the floor

Back Strut, Back Strut, Slow Coaster Step, Hold

1 2 3 4 Step back on Left Foot, drop Left Heel to floor, Step back on Right Foot, drop Right Heel to floor

5 6 7 8 Step back on Left Foot, bring Right Foot beside Left Foot, Step forward on Left Foot and hold

Right Lock Forward, Hold, Left Lock Forward, Hold

1 2 3 4 Step forward on Right Foot, lock Left Foot behind Right Foot, Step forward on Right Foot and hold

5 6 7 8 Step forward on Left Foot, lock Right Foot behind Left Foot, Step forward on Left Foot and hold

Forward Recover, 1/2R Strut, 1/2R Strut, 1/4R Together

1 2 Step forward on Right Foot, recover weight back onto Left Foot

3 4 5 6 turning $\frac{1}{2}$ Right step forward on Right Foot and drop Right Heel to the floor, turn another $\frac{1}{2}$ Right stepping back on Ball of Left Foot and drop Left Heel to the floor

7 8 then turn $\frac{1}{4}$ Right placing Right Foot to the side and place your Left Foot beside your Right Foot

Option: Instead of doing $\frac{1}{2}$ turns; strut back, strut back then $\frac{1}{4}$ turn

End of dance. Start in new direction

Tags:

At the end of Walls (3) and (8) add the following:

Quick Rocking Chair

1 2 3 4 Step forward on Right Foot, rock back onto Left Foot; Step back on to Right Foot, rock forward onto Left Foot

Ending:

On Wall 10 (3.00): Dance to the finish and instead of doing a $\frac{1}{4}$ Right turn, to complete the dance, do a $\frac{3}{4}$ Right turn to face the front