

# 30 Minutes

4 Wall, 32 Counts, Improver

Choreographer: Stephen Gell – September 2012

Music: 30 Minute Love Affair By Paloma Faith CD: Fall To Grace (Total Track Length 3:19) 104 bpm Available On iTunes And Amazon UK

Intro: 16 Counts

Floor Split For Peter Metelnick & Alison Biggs Blink Of An Eye.

## **1 – 8 Rock, Recover, Full Turn Right, Rock, Recover, Kick And Cross**

1 – 2 Rock right to right side, Recover left

3 & 4 Make  $\frac{1}{4}$  turn right with right foot, Make  $\frac{1}{2}$  turn right stepping back on left, Make  $\frac{1}{4}$  turn right stepping right to right side  
Easy Option: 3 & 4 Step right to right side, Step left next to right, Step right next to right side

5 – 6 Rock back on left, Recover right

7 & 8 Kick left foot forward, Step left in place, Cross right over left

## **9 – 16 Rock, Recover, Left Sailor Step, Right Jazz Box**

1 – 2 Rock left foot to left side, Recover on right

3 & 4 Cross left behind right turning  $\frac{1}{4}$  left, Step right to right side, Step left in place

5 – 6 Cross right over left, Step back on left

7 – 8 Step right to right side, Step forward on left

## **17 – 24 Step $\frac{1}{2}$ Pivot, Step $\frac{1}{4}$ Pivot, Right Jazz Box**

1 – 2 Step forward on right, Pivot  $\frac{1}{2}$  turn left

3 – 4 Step forward on right, Pivot  $\frac{1}{4}$  turn left

5 – 6 Cross right over left, Step back on left

7 – 8 Step right to right side, Step forward on left

**Restart: Restart On Wall 3 At This Point And Restart From The Beginning.**

**Tag: There Is A 4 Count Tag On Wall 7 At This Point Then Restart From The Beginning.**

## **25 – 32 Step $\frac{1}{2}$ Pivot, $\frac{1}{2}$ Pivot Left, $\frac{1}{2}$ Shuffle Left, $\frac{1}{4}$ Turn Left, Left Sailor Step**

1 – 2 Step forward right, Pivot  $\frac{1}{2}$  turn left

3 Make  $\frac{1}{2}$  turn left stepping back on right

4 & 5 Make  $\frac{1}{2}$  turn shuffle left (weight on left, facing 6 o'clock)

6 Make  $\frac{1}{4}$  turn left stepping right foot to right side

7 & 8 Cross left behind right, Step right to right side, Step left in place (weight on left)

**Tag: Danced Once On Wall 7 After 24 Counts Then Restart The Dance From Beginning**

## **1 – 4 4x Sways**

1 – 4 Sway right, Sway left, Sway right, Sway left

**Ending: Dance Up To Counts 4 & 5 Of The Last Section Of The Dance, You Will End The Dance Facing The Front Wall.**