



[www.country-stafke.be](http://www.country-stafke.be)

# Sweet Lorena

Choreographer : Marja Urgert & Marianne v/d Toorn Vrijthoff  
Level : Improver  
Counts : 32  
Type of dance : 4 Wall  
Intro : 16 counts  
Music : Sweet Lorena – by Marty Rivers

## Sec 1: Big Step To R Side, Drag, Cross Rock, Recover, Big Step To L Side, Drag, Back Rock, Recover

1-2-3-4 RF. Big step to R side - LF. Drag toward RF - LF. Cross rock over RF - RF. Recover  
5-6-7-8 LF. Big step to L side - RF. Drag toward LF - RF. Back rock - LF. Recover

## Sec 2: Step fwd, Pivot 1/2 L, Walk R.L fwd, 1/4 Hinge L x2, 1/4 Chasse

1-2-3-4 RF. Step forward - Pivot 1/2 L - RF. Step forward - LF. Step forward (6:00)  
5-6 RF. 1/4 Turn L step to R side - LF. 1/4 Turn L step to L side (12:00)  
7&8 RF. 1/4 Turn L step to R side - LF. Close beside RF - RF. Step R to side (9:00)

## Sec 3: Cross Rock & Cross Rock, Point, 1/4 Turn R, Kick-Ball-Touch

1-2& LF. Cross rock over RF - RF. Recover - LF. Step to L side  
3-4& RF. Cross rock over LF - LF. Recover - RF. Step to R side  
5-6 RF. Point toe to R side - RF. 1/4 Turn R step beside LF (12:00)  
7&8 LF. Kick forward - LF. Step beside RF - RF. Touch toe beside LF

## Sec 4: Side Rock, Recover, Step fwd, 1/4 Turn L, Cross Behind, Side, Kick-Ball-Cross

1-2-3-4 RF. Side rock - LF. Recover - RF. Step forward - 1/4 Turn L (9:00)  
5-6 RF. Cross behind LF - LF. Step to L side  
7&8 RF. Kick diagonal R forward - RF. Step beside LF - LF. Cross over RF

## Start Again

### Tag 1: After the 2nd and 6th walls (6:00)

#### Side Rock, Recover, Cross Rock, Recover

1-2-3-4 RF. Side rock - LF. Recover - RF. Cross rock over LF - LF. Recover

### Tag 2: After the 4th wall (12:00)

#### Finger Of 8 with Cross Rock, Recover

1-2-3-4 RF. Step to R side - LF. Cross behind RF - RF. 1/4 Turn R step forward - LF. Step forward (3:00)  
5-6-7-8 1/2 Turn L - LF. 1/4 Turn L step to L side - RF. Cross rock over LF - LF. Recover (12:00)

Contact: [marja42@kpnmail.nl](mailto:marja42@kpnmail.nl) / [mvdtoornvrijthoff@gmail.com](mailto:mvdtoornvrijthoff@gmail.com)

[www.country-stafke.be](http://www.country-stafke.be)