



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **On The Sesh**
 Type: 32 Count, 2 Wall, High Beginner
 Choreographer: Micaela Svensson Erlandsson (SWE), November 2021
 Choreographed to: On The Sesh by Derek Ryan ft The Tumbling Paddies (106 bpm, 2:48 min)

Intro: Start after count 8

Section 1 (Side Rock, Cross Shuffle) x 2

1,2	Rock to side on right. Recover on left	Side rock
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Rock to side on left. Recover on right	Side rock
7&8	Cross left over right. Step right to right side. Cross left over right	Cross shuffle

Section 2 Side Rock, Sailor Step, 1/2 Toe Turn, Kick-Ball Step

1,2	Rock to side on right. Recover on left	Side rock
3&4	Cross right behind left. Step left to left side. Step right to right side	Sailor step
5,6	Touch left toe back. Turn 1/2 turn left (6:00)	Toe, turn
7&8*	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step

Section 3 Modified Heel Toe Switch x 2

1&	Touch right heel forward. Step right beside left	Heel, &
2&	Touch left heel forward. Step left beside right	Heel, &
3&4&	Touch right toe to right side. Hold and clap. Hold and clap, Step right beside left	Toe, clap, clap, &
5&	Touch left heel forward. Step left beside right	Heel, &
6&	Touch right heel forward. Step right beside left	Heel, &
7&8&	Touch left toe to left side. Hold and clap. Hold and clap. Step left beside right	Toe, clap, clap, &

Section 4 (Forward Rock, 1/2 Shuffle) x 2

1,2	Rock forward on right. Recover on left	Forward rock
3&4	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (12:00)	Half shuffle
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Half shuffle

Tag End of Wall 1 (12:00 - add Tag facing 6:00)

End of Wall 4 (6:00 - add Tag facing 12:00)

Full Turn

1,2	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward	Full turn
	<i>Non-turning steps 1-2: Walk x 2</i>	
1,2	<i>Walk forward stepping right, left</i>	<i>Walk, walk</i>

Restart * Wall 3 (12:00) after 16 Counts (restart facing 6:00)