
(December 2020)


| Information: <br> Choreographers: <br> Music: <br> Intro: | 72 Counts, 2 wall, Phrased High Intermediate. |  |
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|  | hers: Adam Åstmar (SE), Malene Jakobsen (DK). |  |
|  | "Secrets" by Regard \& RAYE (CLEAN VERSION) (2:57) ~ 119 bpm . |  |
|  | 32 counts, approx. 16 seconds, starting on the first heavy beat. |  |
| Sequence: | $A-A-B-A-A-A-B-A-B$ |  |
| Section | Steps \& Explanations | End Facing |
| A-1 | Ball. Point. Cross. Quick Side Rock. Cross. 1/4 L. Side. Point. 1/4 R. |  |
| $\begin{gathered} \& 1-2 \\ \& 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | (\&) Ball step back on LF. (1) Point to the right with RF. (2) Cross RF over LF. <br> (\&) Rock to the left on LF. (3) Recover on RF. (4) Cross LF over RF. <br> (5) Turn $1 / 4$ to the left, stepping back on RF. (6) Step to the left on LF. <br> (7) Point to the right with RF. (8) Turn $1 / 4$ to the right, placing weight on RF. | $\begin{gathered} 12 ' 00 \\ 12^{\prime} 00 \\ 9 ' 00 \\ 12 ' 00 \end{gathered}$ |
| A-2 | $7 / 8$ Turn R with Low Kick. Ball. Rock Forward. Back with $1 / 8$ Sweep/Hold. Behind. $1 / 4$ L with Hitch/Hold. |  |
| $\begin{gathered} 1-2 \& \\ 3-4 \\ 5-6 \& \\ 7-8 \end{gathered}$ | (1) Step forward on LF, starting to turn $7 / 8$ on LF to the right, lifting $R$ foot slightly off the ground and pointing out. (2) Finish turning 7/8, now facing the diagonal. (\&) Ball step forward on RF. <br> (3) Rock forward on LF. (4) Recover on RF. <br> (5) Step back on LF, starting to sweep RF from back to front. (6) Turn $1 / 8$ to the right, finishing sweep with RF. <br> (\&) Step RF behind LF. <br> (7) Turn $1 / 4$ to the left, stepping forward on LF, hitching $R$ knee. (8) Hold, continue to hitch $R$ knee. | $\begin{aligned} & 10 ' 30 \\ & 10 ' 30 \\ & 12 ' 00 \\ & 9 ' 00 \end{aligned}$ |
| A-3 | Ball. Rock Forward. Shuffle $1 / 2$ Turn. $1 / 2$ L. $1 / 4$ L with Sweep/Hold. Cross. Back. Side. |  |
| $\begin{gathered} \& 1-2 \\ 3 \& 4 \\ 5-6 \\ 7-8 \& 1 \end{gathered}$ | (\&) Ball step forward on RF. (1) Rock forward on LF. (2) Recover on RF. <br> Make a shuffle $1 / 2$ turn, stepping (3) LF, (\&) RF, (4) LF. <br> (5) Turn $1 / 2$ to the left, stepping back on RF. <br> (6) Turn $1 / 4$ to the left, stepping to the left on LF and start to sweep RF from the side to the front. <br> (7) Finish sweeping RF. (8) Cross RF over LF. (\&) Step slightly back on LF. (1) Step to the right on RF. | $\begin{aligned} & 9 ' 00 \\ & 3 ' 00 \\ & \text { 6'00 } \\ & \text { 6'00 } \end{aligned}$ |
| A-4 | Hold. Ball-Side. Hold. Ball-Side. Touch. Walk Back L, R. |  |
| $\begin{gathered} 2 \& 3 \\ 4 \& \\ 5-6 \\ 7-8 \end{gathered}$ <br> Styling: | (2) Hold. (\&) Ball step LF next to RF. (3) Step to the right on RF. <br> (4) Hold. (\&) Ball step LF next to RF. <br> (5) Step to the right on RF. (6) Touch LF next to RF. <br> (7) Step back on LF. (8) Step back on RF. <br> If you want, you can fan your toes out when walking back on count 7, 8. | $\begin{aligned} & 6 ' 00 \\ & 6 ' 00 \\ & 6 ' 00 \\ & 6 ' 00 \end{aligned}$ |
| B-1 | Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step ½ Turn. |  |
| $\begin{aligned} & \& 1-2 \\ & \& 3-4 \\ & \& 5 \& 6 \\ & \& 7-8 \end{aligned}$ | (\&) Step slightly back on LF. (1) Touch RF in front of LF. (2) Hold. <br> (\&) Step slightly back on RF. (3) Touch LF in front of RF. (4) Hold. <br> (\&) Ball step LF next to RF. (5) Point to the right with RF. (\&) Close RF next to LF. (6) Point to the left with LF. <br> (\&) Close LF next to RF. (7) Step forward on RF. (8) Turn $1 / 2$ to the left, placing weight on LF. | $\begin{gathered} 12 ' 00 \\ 12 ' 00 \\ 12 ' 00 \\ 6 ' 00 \end{gathered}$ |
| B-2 | Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back with Cross. |  |
| 1 \& 2 | Make a shuffle forward, stepping (1) RF, (\&) LF, (2) RF. | 6'00 |


| $\begin{aligned} & 3-4 \\ & 5-6 \\ & 7-8 \end{aligned}$ | (3) Step forward on LF and start to sweep RF from back to front. (4) Finish sweeping RF. <br> (5) Cross RF over LF. (6) Step back on LF. <br> (7) Step diagonally back on RF. (8) Cross LF over RF. | $\begin{aligned} & 6 ' 00 \\ & \text { 6'00 } \\ & \text { 6'00 } \end{aligned}$ |
| :---: | :---: | :---: |
| B-3 | Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step ½ Turn. |  |
| $\begin{aligned} & \& 1-2 \\ & \& 3-4 \\ & \& 5 \& 6 \\ & \& 7-8 \end{aligned}$ | (\&) Step slightly back on RF. (1) Touch LF in front of RF. (2) Hold. <br> (\&) Step slightly back on LF. (3) Touch RF in front of LF. (4) Hold. <br> (\&) Ball step RF next to LF. (5) Point to the left with LF. (\&) Close LF next to RF. (6) Point to the right with RF. <br> (\&) Close RF next to LF. (7) Step forward on LF. (8) Turn $1 ⁄ 2$ to the right, placing weight on RF. | $\begin{gathered} 6 ' 00 \\ 6 ' 00 \\ 6 ' 00 \\ 12^{\prime} 00 \end{gathered}$ |
| B-4 | Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back. |  |
| $\begin{aligned} & 1 \& 2 \\ & 3-4 \\ & 5-6 \\ & 7-8 \end{aligned}$ | Make a shuffle forward, stepping (1) LF, (\&) RF, (2) LF. <br> (3) Step forward on RF and start to sweep LF from back to front. (4) Finish sweeping LF. <br> (5) Cross LF over RF. (6) Step back on RF. <br> (7) Step diagonally back on LF. (8) Cross RF over LF. | $\begin{aligned} & 12 ' 00 \\ & 12 ' 00 \\ & 12^{\prime} 00 \\ & 12^{\prime} 00 \end{aligned}$ |
| B-5 | Side with Drag/Hold. Ball. Cross. Side. Reversed Rocking Chair. |  |
| $\begin{gathered} 1-2 \& \\ 3-4 \\ 5-6 \\ 7-8 \end{gathered}$ | (1) Take a big step to the left on LF and start dragging RF towards LF. (2) Finish dragging RF. <br> (\&) Ball step RF next to LF. <br> (3) Cross LF over RF. (4) Step to the right on RF. <br> (5) Rock back on LF. (6) Recover on RF. <br> (7) Rock forward on LF. (8) Recover on RF. | $\begin{aligned} & 12 ' 00 \\ & 12 ' 00 \\ & 12 ' 00 \\ & 12 ' 00 \end{aligned}$ |

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