

# Listen To My Own Advice

---

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Sebastiaan Holtland (NL)

**Music:** Little Me (Unplugged) - Little Mix : (Album: Salute - Deluxe Edition)

---

## Start dancing at (15 sec)(Nightclub motion)

### ½ Diamond Fallaway L 2x.

8&1 Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.  
2&3 Turn 1/8 left (9) step Rt back, step Lt to the left, step Rt fwd.  
4&5 Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.  
6&7 Turn 1/8 left (6) step Rt back, step Lt to the left, step Rt fwd.

### Contra Body Check Fwd, Recover, Sweep L, Behind, Side, Step, ½ Pivot L, ½ L, Back, ¼ L, Side.

8&1 Check Lt fwd (contra body), recover on Rt, sweep Lt from front to back.  
2&3 Step Lt behind Rt, step Rt to the right, step Lt slightly fwd.  
4-5 Step Rt fwd, turn ½ left (12) take weight onto Lt.  
6-7 Turn ½ Rt left (6) step Rt slightly back, turn ¼ left (3) step Lt to the left.

### Back Rock, Recover, Side, Back Rock, Recover, Side, Side Rock, Recover ¼ L, Sweep R, Cross Rock, Recover, Side.

8&1 Rock Rt Back, recover on Lt, step Rt to the right.  
2&3 Rock Lf back, recover on Rt, step Lt to the left.  
4&5 Rock Rt to the right, turn ¼ left (12) recover on Lf, sweep Rt from back to front.  
6&7 Rock Rt across Lt, recover on Lt, step Rt to the right.

### Runs Fwd L-R-L, Walks Back R-L, Back, ½ L Runs Fwd L-R, Hip Sway L, Hip Sway R.

8&1 Stepping Lt fwd, stepping Rt fwd, stepping Lt fwd.  
2-3 Walk Rt back, walk Lt back.  
4&5 Step Rt back, turn ½ left (6) stepping Lt fwd, stepping Rt fwd.  
6-7 Sway L hips to left, sway R hips to right.

**Start again and have fun!**

**Contact:** [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)