

# F-O-R-D

Count: 32

Wall: 4

Level: High Beginner Country

Choreographer: Séverine Fillion (FR) - May 2026

Music: F-O-R-D - James Lann



**\*1 Tag, 1 Restart**

**Intro : 32 counts**

**[1-8] HEEL TAP FWD, HEEL TAP SIDE, COASTER STEP (RIGHT & LEFT)**

- 1-2 Tap right heel fwd, Tap right heel to right side
- 3&4 Right step back, left next to right, right fwd
- 5-6 Tap left heel fwd, Tap left heel to left side
- 7&8 Left step back, right next to left, left fwd

**[9-16] TRIPLE STEP FWD, STEP 1/2 TURN R, TRIPLE STEP FWD, STEP 1/2 TURN L**

- 1&2 Triple step right – left – right fwd
- 3-4 Left fwd, Turn 1/2 right passing weight on right 6 :00
- 5&6 Triple step left – right – left fwd
- 7-8 Right fwd, Turn 1/2 left passing weight on left 12 :00

**\*\* RESTART here on wall 4 at 3 :00**

**[17-24] TOE - HEEL TOUCHES & HEEL, CLAP CLAP (R & L)**

- 1-2 Touch right toe next to left (right knee « IN »), touch right heel fwd (right knee « OUT »)
- &3 Recover on right next to left (&), touch left heel fwd (3)
- &4 Clap Clap
- 5-6 Touch left toe next to right (left knee « IN »), touch left heel fwd (left knee « OUT »)
- &7 Recover on left next to right (&), touch right heel fwd (7)
- &8 Clap Clap

**[25-32] SIDE TRIPLE STEP R, BACK ROCK, STOMP, 1/4 TURN L & KICK, COASTER STEP**

- 1&2 Triple step right – left – right to right side
- 3-4 Rock back on left, recover on right
- 5-6 Stomp left next to right, 1/4 turn left & left kick fwd 9 :00
- 7&8 Left step back, right next to left, left fwd

**TAG (4 counts) : At the end of walls 1 (at 9 :00) and 5 (at 12 :00)**

- 1-4 Tap right heel fwd, recover on right, Tap left heel fwd, recover on left

**RESTART : On wall 4 at 3 :00 after 16 counts**

**ENJOY & HAVE FUN**