

# A Lesson In Love

**Count:** 48      **Wall:** 2      **Level:** Advanced NC2S  
**Choreographer:** Dee Musk UK & Simon Ward AU, April 2016  
**Music:** All I Ask, By Adele. Album: 25, iTunes

## Notes:

**Dance starts on vocals, approx. 13 secs into track**  
**Dance ends facing front wall on count 5 (L sweep)**  
**Restart/Step Change during Walls 3 & 6, See notes.**

### [1-8&] R back drag L, L back, ½ turn R, L fwd, Pivot ½ R, ½ turn R, R back with sweep, L behind, R side, L twinkle, Cross/step R

1-2& Step large step back on right dragging left towards right, Step left back, Turn a ½ turn right stepping right forward 6.00  
3-4& Step left forward pivoting ½ turn right, Complete ½ turn right stepping onto right 12.00, Turn ½ turn right stepping left back 6.00  
5-6& Step right back sweeping left back and behind right 6.00, Step left behind right, Step right to right side 6.00  
7&8& Cross/step left over right, Step right slightly to right, Step left in place, Cross/step right over left 6.00

### [9-16&] L side, ¾ spiral turn R, R fwd, ½ turn R with sweep, R behind, L side, Syncopated circle

1-2 Step left to left side spiral turning ¾ turn right 3.00, Step right foot slightly forward  
3-4& Make a ½ turn right stepping left back sweeping right back 9.00, Step right behind left, Step left slightly to left  
\*Restart 1\*  
5& Step right forward turning 1/8 turn left 7.30, Turn a further 1/8 left cross/stepping left over right 6.00  
6& Step right slightly back, Turn a further 1/8 left stepping left slightly back 4.30  
7& Step right behind left, Step left slightly left  
8& Step right forward starting to turn to 3.00, Cross/step left over right turning 1/8 turn left to 3.00

### [17-24&] R basic, L basic, Lunge R with heel, ¾ turn right on L, R fwd, L fwd, Step R beside L

1-2& Step right to right side, Step left slightly behind right, Cross/step right over left 3.00  
3-4& Step left to left side, Step right slightly behind left, Cross/step left over right 3.00  
5-6 Lunge right to right side touching left heel to the ground, Recover weight onto left turning a ¾ turn right hooking right under left 12.00  
7-8& Step right forward, Step left slightly forward, Step right beside left 12.00

### [25-32&] L back, ¼ turn R swaying R,L,R, Cross L jazz box with sweep, R behind, L side, Cross/rock R, Recover L

1-2 Step left back dragging right towards left, Turn ¼ turn right stepping right to right swaying body right 3.00  
3-4 Step left to left swaying body left, Step right to right swaying body to right 3.00  
5&6 Cross/step left over right, Step right slightly to right & back, Step left slightly back sweeping right back 3.00  
7&8& Step right behind left, Step right slightly to right, Cross/rock right over left, Recover weight onto left 3.00

### [33-40&] R side, ¼ turn R, R back, L coaster/step cross, R basic, Rock to L, Recover R, Cross/step L, ¼ turn L

1-2 Step right to right side, Pivot ¼ turn right taking weight back on left & stepping back on left 6.00 \*Restart 2\*  
3&4& Step right slightly back, Step left back, Step right beside left, Cross/step left over right 6.00  
5-6& Step right to right side, Step left slightly behind right, Cross/step right over left 6.00  
7&8& Rock/step left to left side, Recover weight onto right, Cross/step left over right, Turn ¼ turn left stepping right back 3.00

### [41-48&] Rock L back, Recover R, ½ turn L, Rock R back, Recover L, ¼ turn L, Rock L back, Walk R, L, Rock R fwd, Recover L

1-2& Rock/step left back, Recover weight onto right, Turn a ½ turn right stepping left back 9.00  
3-4& Rock/step right back, Recover weight on left, Turn a ¼ turn left stepping right back 6.00  
5 Rock/step left back  
6-7 Walk forward right, left right 6.00  
8& Rock/step right forward, Recover weight on left 6.00

## RESTART

### Step Change/Restart during Wall 3

**Dance to count 4& of section 2 then replace counts 5&6&7&8& with;**

5-6 Step R forward to 9.00, Cross/Step L forward to 7.30.

7-8 Step R back to 6.00, make a ½ turn L stepping L forward to 12.00. (These 4 counts are like a Jazzbox turning L).

**(Make a ½ turn L to Restart facing 6 o'clock wall).**

### Step Change/Restart during Wall 6

**Dance to count 2 of section 5 then replace counts 3&4& with;**

3&4& Back Rock R, Recover, Forward Rock R, Recover. (Restart facing 12 o'clock wall).

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