

Take A Look At Yourself



Choreographed by: Simon Ward & Jo Thompson Szymanski (May 2026)

Music: **Before You Accuse Me** by Eric Burdon

Type: 2 wall, 48 counts

Level: Intermediate

NOTES 16 count intro

[1 – 8] DIAGONAL KICK-BALL-STEP, ¼ RIGHT SAILOR, FORWARD, ½ LEFT, COASTER-STEP

- 1 & 2 With body angled to 10:30 - Kick right forward across left, step ball of right to right, step left to left.
3 & 4 Square up to 12:00 - Step right behind left, turn ¼ right stepping left to left, step right forward. [3:00]
5 – 6 Step left forward, turn ½ left stepping back on right. [9:00]
7 & 8 Step back on left, step right beside left, step left forward.

[9 – 16] WALK, WALK, BALL CROSS, FORWARD, ¼ RIGHT HITCH, CROSS, SYNCOPATED WEAVE

- 1 – 2 Step right forward, step left forward.
&3 Angle body slightly left stepping ball of right to right, step left forward across right.
4 Square up to 9:00 stepping right forward. [9:00]
5 – 6 Turn ¼ right hitching left knee up, cross left over right. [12:00]
&7&8 Step right to right, step left behind right, step right to right, cross left over right.

[17 – 24] SIDE ROCKS, FORWARD ROCK/RECOVER, 2 STEP TOUCHES TRAVELING BACK

- 1 – 2 Rock right to right pushing hips slightly right & lifting left toe off ground, recover onto left.
& Step right beside left.
3 – 4 Rock left to left pushing hips slightly left & lifting right toe off ground, recover onto right.
& Step left beside right.
5 – 6 Rock right forward, recover onto left.
&7&8 Step back on right, touch left beside right, step back on left, touch right beside left.

[25 – 32] ¼ RIGHT, POINT, ROLLING VINE, CROSS & HEEL/POINT &, CROSS SHUFFLE

- &1 Turn ¼ right stepping right to right, point left to left prepping upper body slightly right. [3:00]
2 – 4 Turn ¼ left stepping left forward, turn ½ left stepping back on right, turn ¼ left stepping left to left.
5&6& Cross right over left, small step on left to left, tap right heel or point right toe to right front diagonal, step right beside left.
7 & 8 Cross left over right, small step on right to right, cross left over right.

[33 – 40] SIDE-BEHIND-HOLD, SIDE-CROSS-HOLD, SIDE-TOGETHER-CROSS, ¼ RIGHT, ¾ RIGHT

- &1 – 2 Small step on right to right, step left behind right, hold.
&3 – 4 Small step on right to right, cross left over right, hold.
&5 – 6 Small step on right to right, step left beside right, cross right over left.
7 – 8 Turn ¼ right stepping back on left, turn ¾ right stepping right forward. [10:30]

[41 – 48] DIAGONAL FORWARD ROCK, RECOVER, BACK, BACK, COASTER-STEP, ½ LEFT DRAG, STEP

- 1 – 2 Rock left forward, recover onto right (Add your style by doing a body roll or hip sway).
3 – 4 Step left back fanning right toe out, step right back fanning left toe out.
5 & 6 Step back on left, step right beside left, step left forward.
7 – 8 Turn ¼ left taking big step right to right dragging left toward right, continue turning another ¼ left stepping left beside right. [4:30]

Note 7-8 should be a smooth, gradual ½ turn as you drag left toward right.

Start again!