

# Focus

**Count:** 64    **Wall:** 2    **Level:** Phrased Intermediate

**Choreographer:** Michael Metzger – Dec. 2015

**Music:** "Focus" by Ariana Grande

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**Seq:** A, B, A, A, B, A, Tag1 , A, B, Tag2, A, A

## Section A – 32 counts

### A[1-8] Kick Ball Step, Rock, Recover, Step Back with Shoulder Pops, Shuffle Back, Coaster

- 1&2            Kick R forward, Step R down, Step L forward  
                 Rock R forward, Recover L back, Pop right shoulder up and left shoulder down while  
&3&4            hitching R next to left knee, Step R back and pop left shoulder up and right shoulder  
                 down  
5&6            Shuffle back L, R, L  
7&8            Step R back, Step L together, Step R forward

### A[9-16] Skater Step x4, Pivot Turn, Double Time Pivot Turn with ¼ Turn and Point

- 1, 2            Slide L forward and to the left, Slide R forward and to the right  
3, 4            Slide L forward and to the left, Slide R forward and to the right  
5, 6            Step forward on L, Pivot ½ to right and shift weight to R (6:00)  
7&8            Step forward on L, Pivot ½ to right and shift weight to R (12:00), Turn ¼ to right and  
                 point L to the side (3:00)

### A[17-24] Cross, Back, Together, Cross, Back, ¼ Turn, ¼ Turn, Side Rock, Recover, Cross, Side, Behind, Side, Heel Touch

- 1&2            Cross L over R, Step R back, Step L together  
                 Cross R over L, Step L back, Turn ¼ right and step R to side (6:00), Turn ¼ right and  
&3&4            step L forward (9:00)  
5&6            Rock R to side, Recover to L, Cross R over L  
&7&8            Step L to side, Cross R behind L, Step L to side, Tap R heel to side and slightly  
                 forward

### A[25-32] Step Together, Cross, Side, ¼ Turn left and Cross, Step Back, Coaster Step, Spin Forward

- 1, 2            Bring R in and step together, Cross L over R  
3&4            Step R to side, Turn ¼ left and cross L over R (lock step) (6:00), Step R back  
5&6            Step L back, Step R together, Step L forward  
7, 8            Turn ½ left and step R back (12:00), Turn ½ left and step L forward (6:00) (This is a  
                 good place for double or triple spins.)

## Section B – 32 counts

### B[1-8] Rock, Recover, Step Back with ¼ Turn and Sweep, Behind Side Cross, Point, Cross, Point

- 1, 2            Rock R forward, Recover back on L  
3              Step back on R with ¼ turn left and sweep L foot around (9:00)

4&5 Cross L behind R, Step R to side, Cross L over R  
6, 7, 8 Point R to side, Cross R over L, Point L to side

**B[9-16] Rock, Recover, Step Back with ¼ Turn and Sweep, Behind Side Cross, Point, Cross, Point**

1, 2 Rock L forward, Recover back on R  
3 Step back on L with ¼ turn right and sweep R foot around (12:00)  
4&5 Cross R behind L, Step L to side, Cross R over L  
6, 7, 8 Point L to side, Cross L over R, Point R to side

**B[17-24] Rock, Recover, ½ Turn Shuffle Step, Step Forward, Touch Forward on Diagonal, Step Back, Touch Back on Diagonal**

1, 2 Rock forward on R, Recover back on L  
3&4 ¼ Turn right and step R to side (3:00), Step L together, ¼ Turn right and step R forward (6:00)  
5, 6 Step L forward, Touch R heel forward and slightly to the right  
7, 8 Step R back, Touch L toe back and slightly to the left

**B[25-32] Cross, Side, Behind Side Cross, Side Rock, Recover, Behind, Side, Point Across With Fingers Pointing at Toe!**

1, 2 Cross L over R, Step R to side  
3&4 Cross L behind R, Step R to side, Cross L over R  
5, 6 Rock R to side, Recover to L  
7&8 Cross R behind L, Step L to side, Point R toe across L while pointing with both hands at your R toe

**Tag 1 (when Ariana Grande says, “1, 2, 3...”)**

**Jazz box**

1, 2 Cross R over L, Step L Back  
3, 4 Step R back, Step L forward

**Tag 2 (when Ariana Grande hits her high note!)**

**Step to Side, Point Cross Behind, Step to Side, Point Across With Fingers Pointing at Toe**

1, 2 Step R to side, Cross point L behind R  
3, 4 Step L to side, Point R toe across L while pointing with both hands at your R toe

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**Last Update – 17th Jan. 2016**