

From The Plateau (March 2026)

Choreographer : Ria Vos

Type of dance : 4 wall line dance

Level : Improver

Counts : 32

Intro: 64 counts

[Home](#)

Music : Plateau

Artist : John Splithoff

BPM : 120

[Dancevideo](#)

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Cross, Side Rock, Cross, Point (x2)

1-2& Cross R Over L, Rock L to L Side, Recover on R

3-4 Cross L Over R, Point R to R Side

5-6& Cross R Over L, Rock L to L Side, Recover on R

7-8 Cross L Over R, Point R to R Side

Cross, Side, Behind-Side-Cross, Chasse L, Rock Back

1-2 Cross R Over L, Step L to L Side

3&4 Step R Behind L, Step L to L Side, Cross R Over L

5&6 Step L to L Side, Step R Next to L, Step L to L Side

7-8 Rock Back on R, Recover on L

¼ L, ¼ L, Cross Shuffle, ¼ L Out-Out, Back Shuffle

1-2 ¼ Turn L Step Back on R, ¼ Turn L Step L to L Side (6:00)

3&4 Cross R Over L, Step L to L Side, Cross R Over L

5-6 ¼ Turn L Step Out on L, Step Out on R (3:00)

7&8 Shuffle Back Stepping L-R-L/ Hold, Swivel Both Heels In, Swivel Both Toes in

Bump Turn ½ R, Bump Turn ½ R, Back Rock, Kick-Ball-Step

1&2 ¼ R Touch and Bump R to R Side, Recover on L, ¼ R Step Fwd on R (9:00)

3&4 ¼ R Touch and Bump L to L Side, Recover on R, ¼ R Step Back on L (3:00)

5-6 Rock Back on R, Recover on L

7&8 Kick R Fwd, Step on Ball of R Next to L, Step Fwd on L

Ending: End with the first Bump Turn ½ R Sweeping L another ¼ R (12:00)