

# Delete and Repeat

Compte: 48

Mur: 2

Niveau: High Intermediate



Chorégraphe: Shane McKeever (IRE), Niels Poulsen (DK), Roy Hadisubroto (IRE) & Fiona Hadisubroto (IRE) - March 2026

Musique: DELETE - Jason Derulo

Intro: 16 counts from beginning of track. App. 12 secs. into track. Start with weight on L foot

Tag 1 + Tag 2: Described at bottom of sheet

Phrasing: 48, Tag 1, 48, Tag 2, 48, Tag 1, 48, 32 + Ending

## [1 – 8] Kick ¼ point, ¼ L, ½ L back R, L pony step, ¼ R step slide

- 1&2 Kick R fwd (1), turn ¼ R stepping R to R side (&), point L to L side (2) 3:00  
3 – 4 Turn ¼ L stepping down on L (3), turn ½ L stepping back on R (4) 6:00  
5&6 Step back on L hitching R knee (5), step down on R (&), step back on L hitching R knee (6) 6:00  
7 – 8 Turn ¼ R stepping R a big step to R side (7), slide L towards R (8) 9:00

## [9 – 16] Ball cross, ¼ L fwd L, ½ L X 2, fwd R, swivel heels, ¼ R side step, L knee pop in

- &1 – 2 Step L next to R (&), cross R over L (1), turn ¼ L stepping L fwd (2) 6:00  
3 – 4 Turn ½ L stepping back on R starting to sweep L to L side (1), turn ½ L stepping L fwd (4) 6:00  
5&6 Place R foot fwd (5), swivel both heels out to R side (&), swivels heels back to centre transferring weight to L (6) 6:00  
7 – 8 Turn ¼ R stepping R to R side (7), pop L knee in to R knee (8) 9:00

## [17 – 24] Sweep 3/8 L, R samba step, walk LR, ¼ L kick, cross over

- 1 – 2 Turn ¼ L stepping onto L starting to sweep R fwd (1), continue turning 1/8 L sweeping R fwd (2) 4:30  
3&4 Cross R over L (3), rock L to L side (&), recover on R (4) 4:30  
5 – 6 Walk L fwd (5), walk R fwd (6) 4:30  
7 – 8 Turn ¼ L onto L kicking R foot with L so R leg swings out to R side (7), cross R over L (8) 1.30

## [25 – 32] Side L, Hold, ball side, 7/8 box turn R, together with L, knee pop

- 1 – 2 Step L to L side (1), Hold (2) 1:30  
&3 – 4 Step R next to L (&), step L to L side (3), turn 3/8 R stepping R to R side (4) 6:00  
5 – 6 Turn ¼ R stepping L to L side (5), turn ¼ R stepping R to R side (6) 12:00  
7&8 Step L next to R (7), pop knees fwd and back (&8) ... (weight should be on L) 12:00

## [33 – 40] Back R, touch, ¼ side L, touch, point R, slide together, point L, slide together

- 1 – 2 Step R back to R diagonal (1), touch L next to R (2) 12:00  
3 – 4 Turn ¼ L stepping L to L side (3), touch R next to L (4) 9:00  
5 – 6 Point R fwd (5), slide R next to L changing weight to R popping L knee fwd (6) 9:00  
7 – 8 Point L fwd (7), slide L next to R changing weight to L popping R knee fwd (8) 9:00

## [41 – 48] Slow sway R, sway LR, cross, hitch R ¼ L, walk RL

- 1 – 4 Slowly sway body to R side (1-2), sway body L (3), sway body R (4) ... Option: side body rolls to R, L&R 9:00  
5 – 6 Cross L over R (5), hitch R knee turning ¼ L on L (6) 6:00  
7 – 8 Walk R fwd (7), walk L fwd (8) 6:00

Start again

**Tag 1 Comes twice, after walls 1 and 3, facing 6:00**

- 1 – 4            2 prissy walks R&L, press R fwd, full turn R
- 1 – 4            Walk R to L diagonal (1), drag L next to R squaring up to 6:00 (2), walk L to R diagonal (3),  
drag R next to L squaring up to 6:00 (4) 6:00
- 5 – 6            Press R fwd (5), recover back on L (6) 6:00
- 7 – 8            Turn ½ R stepping R fwd (7), turn ½ R stepping back on L (8) 6:00

**Tag 2 Comes once, after wall 2, facing 12:00**

- 1 – 4            2 prissy walks R&L, back RL together with hand moves, body roll from down and up
- 1 – 4            Walk R to L diagonal (1), drag L next to R (2), walk L to R diagonal (3), drag R next to L (4)  
12:00
- 5&6&           Step back on R bringing R hand fwd with palm open to L side (5), close R hand from pinky to  
thumb (&), step L next to R bringing L hand fwd with palm open to R side (6), close L hand  
from pinky to thumb (&) 12:00
- 7 – 8            Bend in knees (7), roll body from knees and up through head raising arms to shoulder height  
flick hands open palms forward (8) 12:00

**Ending**

**Finish dance (count 32) facing 12:00. Do the following:**

**Bring L hand up to head height with palm facing in (1), point R index finger at the palm of L hand (2), move  
your index finger around clockwise in the palm of L hand (3-4-5) 12:00**

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