# Ramona



Count: 64 Wand: 1 Ebene: Beginner

Choreograf/in: Kusnadi Noviar (INA) - May 2024

Musik: Ramona - The New Diamonds



## No Tag, No Restart

## Intro: 8 Count, Start on Vocal Ramona

#### #1 Rumba Box

Step RF to R side, step LF beside RF, Step RF Forward, Hold
 Step LF to L side, step RF beside LF, Step LF Backward, Hold

## #2 Hook, Drop, Syncopated Rocking Chair, Brush

1-2 RF hook over LF, Drop RF fwd

3-7 Rock LF forward(3), Recover RF(4), Rock LF backward(5), Recover RF(6), Rock LF

forward(6)

8 Brush RF fwd

## #3 K-Step

1-2 Diagonal step forward RF (1.30), Touch LF beside RF.
3-4 Diagonal step back LF. (7.30), Touch RF beside LF
5-6 Diagonal step back RF (4.30), Touch LF beside RF.
7-8 Diagonal step forward LF (10.30), Touch RF beside LF

## #4 R-Kick x2, Coaster Step, L-Kick x2, Coaster Step

1-2 Kick RF fwd, Kick RF to R side

3&4 RF step backward (3), LF step next to RF (&), RF step forward (4)

5-6 Kick LF fwd, Kick LF to L side

7&8 LF step backward (7), RF step next to RF (&), LF step forward (8)

## #5 Lindy Chasse with Back Rock-Recover (R/L)

On balls of RF-small chasse to R side-Step RF to R side(1), close LF to RF(&), Step RF to R

side(2)

3-4 LF back rock, Replace/Recover RF

5&6 On balls of LF-small chasse to L side-Step LF to L side, close RF to LF, Step RF to R side

7-8 RF back rock, Replace/Recover LF

## (Lindy styling are small bouncy chasses)

## #6 Chug/Paddle Turn 1/8 to L x4

1-2 Press RF to R side (1), turn 1/8 L weight on LF- while rolling hips to the left (2) (Make 1/8 L

turn, Chug/Paddle RF going forward, weight on LF- while rolling hips to the left) (10.30)

3-4 Repeat to (9.00) 5-6 Repeat to (7.30)

7-8 Repeat to (6.00)

#### #7 Jazz Box ¼ R-Turn, Monterey ¼ R-Turn, Monterey

1-2 Cross RF Over LF, Stepping LF Back

3-4 Step RF to R side, Close LF Next to RF (9.00)

5-6 Touch RF to R side (5), 1/4 Turn R-slide RF to meet LF (6) (12.00),

7-8 Touch LF to L side (7), slide RF to meet RF (8)

## #8 Heel Stand x2

- Step RF Fwd Diag R- weight on R heel, Step LF to L side- weight on L heel
  Step RF Back to Centre, Closed LF Next to RF
  Repeat as 1-2
  Repeat as 3-4
- Its Heel Stand is V-Step with Heel Out-Out

#### Note:

On wall 2 the music goes 'silent' for part of set.... You change part of 1-4 till the normal beat again, ...it picks back up, keep dancing.

## Do this part on #8

## Stomp, Heel-Toe, Heel Stand

1 Stomp RF to R side(5)-as you stomp RF- you may raise both arms up at head height palm up

for a while (weight on RF)

2-4 R Heel in, R Toe In,R Heel In

5-6 Step RF Fwd Diag R- weight on R heel, Step LF to L side- weight on L heel

7-8 Step RF Back to Centre, Closed LF Next to RF

# Enjoy the dance PASSIONS, HAPPY & HEALTHY DANCE kusnadi4@gmail.com