

Panama

Count: 96

Wand: 1

Ebene: Improver

Choreograf/in: Sawina (INA), Agustien (INA) & Neli (INA) - February 2025

Musik: Panama - Matteo



Intro : 8 Count

Sequence : A - B - C - C - A - B - C - C - Tag 32 - B - C - C

A: 48 C

S 1 : TOUCH SIDE - DOUBLE TOUCH (R/L)

- 1&2& Touch R to side (1) - ball step R (&) - touch L to side (2) - ball step L (&)
- 3&4& Step R to side (3) - touch R beside L (&) - touch R to side (4) - ball step R (&)
- 5&6& Touch L to side (5) - ball step L (&) - touch R to side (6) - ball step R (&)
- 7&8 Touch L to side (7) - touch L beside R (&) - touch L to side (8)

S 2 : HEEL JACK - ANCHOR

- 1&2& Cross L over R (1) - step R to side (&) - heel L diagonal (2) - step L together R on L (&)
- 3&4 Croos R over L (3) - Step L to side (&) - hell R diagonal (4)
- 5&6 Step R back (5) - recover L (&) - step R in place (6)
- 7&8 Step L back (7) - recover R (&) - step L In place (8)

S 3 : WALK FORWARD - SIDE MAMBO

- 1 - 2 Step R fwd (1) - step L fwd (2)
- 3 - 4 Step R fwd (3) - step L fwd (4)
- 5&6 Step R to side (5) - recover L (&) - step R beside L (6)
- 7&8 Step L to side (7) - recover R (&) - step L beside R (8)

S 4 : KICK BALL TOUCH - V STEP

- 1&2 Kick ball R frwd (1) - step R beside L (&) - touch L to side (2)
- 3&4 Kick ball L frwd (3) - step L beside R (&) - touch R to side (4)
- 5 - 6 Step R Diagonal frwd (5) - step L diagonal frwd (6)
- 7 - 8 Step R back to center (7) - step L beside R (8)

S 5 : BIG STEP/SLIDE - 1/4 TURN BIG STEP/SLIDE - 1/4 TURN BIG STEP/SLIDE

- 1 - 2 Big step/slide R to side (1) - touch L next to R (2)
- 3 - 4 Big step/slide L 1/4 turn L (3) - touch R beside L (4) facing 9.00
- 5 - 6 Big step/slide R 1/4 turn L (5) - step L beside R (6) facing 6.00
- 7 - 8 Hold w/ Symmy sholdier

S 6 : BIG STEP/SLIDE - 1/4 TURN BIG STEP/SLIDE - 1/4 TURN BIG STEP/SLIDE

- 1 - 2 Big step/slide L to side (1) - touch R beside L (2)
- 3 - 4 Big step/slide R 1/4 turn R (3) - touch L beside R (4) facing 9.00
- 5 - 6 Big step/slide 1/4 turn R (5) - step L beside R (6) facing 12.00
- 7 - 8 Hold w/ symmy sholdier

B: 32 C

S 1 : JAZZ BOX TWICE

- 1 - 2 Cross R over L (1) - step L back (2)
- 3 - 4 Step R beside L (3) - step L fwd (4)
- 5 - 6 Cross R over L (5) - step L back (6)
- 7 - 8 Step R beside L (7) - step L fwd (8)

S 2 : CROSS SIDE - CROSS TOUCH (R/L)

- 1 - 2 Cross R over L (1) - step L to side (2)
- 3 - 4 Cross R over L (3) - touch L to side (4)
- 5 - 6 Cross L over R (5) - step R to side (6)
- 7 - 8 Cross L over R (7) - touch R to side (8)

S 3 : HEEL BALL STEP - 1/4 TURN (TWICE)

- 1&2& Heel L fwd (1) - step R beside L (&) - heel L fwd (2) - step L beside R (&)
- 3 - 4 Step R fwd (3) - 1/4 turn L on L (4) facing 9.00
- 5&6& Heel R fwd (5) - step R beside L (&) - heel L fwd (6) - step L beside R (&)
- 7 - 8 Step R fwd (7) - 1/4 turn L on L (8) facing 6.00

S 4 : HEEL BALL STEP - 1/4 TURN (TWICE)

- 1&2& Heel L fwd (1) - step R beside L (&) - heel L fwd (2) - step L beside R (&)
- 3 - 4 Step R fwd (3) - 1/4 turn L on L (4) facing 3.00
- 5&6& Heel R fwd (5) - step R beside L (&) - heel L fwd (6) - step L beside R (&)
- 7 - 8 Step R fwd (7) - 1/4 turn L on L (8) facing 12.00

C: 16 C

S 1 : TOUCH FORWARD TWICE (R/L)

- 1 - 2 Touch R fwd (1) - touch R beside L (2)
- 3 - 4 Touch R fwd (3) - step R beside L on R (4)
- 5 - 6 Touch L fwd (5) - touch L beside R (6)
- 7 - 8 Touch L fwd (7) - step L beside R on L (8)

S 2 : TOUCH SIDE R/L - OUT R/L - HIPBUMP

- 1 - 2 Touch R to side (1) - step R beside L on R (2)
- 3 - 4 Touch L to side (3) - step L beside R on L (4)
- 5 - 6 Step R to side out (5) - step L to side out (6)
- 7&8 Hold - Hipbump L R L

TAG: 32 C

S 1 : BOTAFOGO R/L - 1/2 TURN WALK

- 1&2 Cross over L (1) - step L to side (&) - step R to side (2)
- 3&4 Cross L over R (3) - step R to side (&) - step L to side
- 5 - 6 Step R fwd (5) - 1/2 turn L on L (6) facing 6.00
- 7 - 8 Step R Fwd (7) - step L fwd (8)

S 2 : REPEAT S 1 - facing 12.00

S 3 : STEP FORWARD - COASTER STEP (R/L)

- 1 - 2 Step R fwd (1) - recover L (2)
- 3&4 Step R back (3) - step L together R (&) - step R fwd (4)
- 5 - 6 Step L fwd (5) - recover R (6)
- 7&8 Step L back (7) - step R together L (&) - step L fwd (8)

S 4 : SYNCOPATED CROSS SIDE (R/L)

- 1&2& Cross rock R (1) - recover L (&) - step R beside L (2) - recover L (&)
- 3&4 Cross rock R (3) - recover L (&) - step R beside L on R (4)
- 5&6& Cross rock L (5) - recover R (&) - step L beside R (6) - recover R (&)
- 7&8 Cross rock L (7) - recover R (&) - step L beside R (8)

Happy Dance □□□

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