

# S.E.N.M.R.Y.L.A.R.

Count: 32

Wand: 4

Ebene:

**Choreograf/in:** Sebastiaan Holtland (NL), Erik van Mullem, Nicky Du Breuil, Mary Kalidien, Romina Bussenius, Yoeri Chinakwie, Lieke Rijpkema, Anaifely Brion & Roy Hadisubroto (IRE)

**Musik:** We Be Burnin' - Sean Paul



## **OUT, WEIGHT CHANGE, OUT, TOGETHER, OUT, TOGETHER (SEBASTIAAN HOLT LAND)**

- 1 Step right to right side and pop both knees out
- & Pop both knees in
- 2 Weight change to left side and pop both knees out
- & Pop both knees in
- 3 Weight change to right side and pop both knees out
- & Step left next to right and pop both knees in
- 4 Step right to right side and pop both knees out
- & Step left next to right

## **WALK AROUND (ERIK VAN MULLEM)**

- 5-8 Walk in a circle starting with right

## **HEEL, HOOK, HEEL, FLICK, HEEL, HITCH, TOGETHER (NICKY DU BREUIL)**

- 1 Right heel forward
- & Right hook in front of left
- 2 Right heel forward
- & Right flick to right side
- 3 Right heel forward
- & Right hitch
- 4 Right next to left

## **JUMP OUT, BOUNCE (2X), JUMP TOGETHER, BOUNCE (2X) (MARY KALIDIEN)**

- 5 Jump both feet out and bounce
- Both arms waving forward**
- 6 Bounce
- Both arms waving forward**
- 7 Jump both feet together and bounce
- Right arm in front of body and left arm stretched out**
- 8 Bounce
- Both arms in same position**

## **KICK, STEP, ROCK STEP, ¼ TURN, KICK, STEP, ROCK STEP (ROMINA BUSSENIUS)**

- 1 Kick right forward
- & Right step forward
- 2 Rock left to left side
- & Recover back on right
- 3 Turn ¼ to the left and kick left forward
- & Left step forward
- 4 Rock right to right side
- & Recover back on left

## **STEP, STEP, STEP, STEP (WITH SHAKE) (YOERI CHINAKWIE)**

- 5 Step right diagonally forward
- 6 Step left diagonally forward

7 Step right diagonally forward

8 Step left diagonally forward

**With both arms in front of chest and shaking body**

**PADDLE TURN (WITH HIP ROLLS) (LIEKE RIJPKEMA)**

1 Step right forward

& Turn  $\frac{1}{4}$  to the left

2 Step right forward

& Turn  $\frac{1}{4}$  to the left

3 Step right forward

& Turn  $\frac{1}{4}$  to the left

4 Step right forward

& Turn  $\frac{1}{4}$  to the left

**All with hip rolls**

**TOUCH, HIP PUSH, TOUCH, HIP PUSH (ANAIFELY BRION, ROY HADISUBROTO)**

5 Touch right diagonally to the right and push hip to the right

**Wipe right shoulder with left hand**

6 Step right next to left

7 Touch left diagonally to the left and push hip to the left

**Wipe left shoulder with right hand**

& (Wipe right shoulder with left hand)

8 Step left next to right

**REPEAT**

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