

Automatik

Count: 40

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Sebastiaan Holtland (NL) - March 2010

Musik: Automatik - Livvi Franc : (New Single 2010)



Start Dancing On Lyrics

Sec 1: (1-8) Back Rock Pushing Hips Back, Recover, Out, Out, 1/2 Pivot L, Back, Back, Dip, & Heel, Replace with 1/4 Turn R, Dip, & Heel, Replace

- 1&2& Rock back on R pushing hips back and rolling back on to L heel, recover on Lf, Step out on Rf, step out on Lf weight onto Lf
- 3&4& Step forward on Rf, making a 1/2 turn left (6), and stepping back on Lf, and stepping back onto Rf weight onto Rf
- 5&6& Dip body down, and bring left heel forward (toes up) and holding weight onto Rf, make a 1/4 turn right (9) and step Lf back in place, and step back on Rf
- 7&8 Dip body down, and bring left heel forward (toes up) and holding weight onto Rf, and step Lf back in place and take weight onto Lf ## Restart Point ##

Sec 2: (9-16) Syncopated Side Points R-L-R, Heel &, Heel Switches Fwd With 1/4 Turn L, 2 Travelling Fwd Heel Switches

- 1&2&3 Point Rf out to the right side, step Rf next to Lf, and point Lf out to the left side, step Lf next to Rf, and point Rf out to the right side holding weight onto Lf
- &4 Touch R heel forward, replace holding weight onto Lf
- 5&6& Touch L heel forward, step L in place, making a 1/4 turn left (6) and touch L heel forward, step L back in place weight onto Lf
- 7&8& Touch R heel forward, step R in place, touch L heel forward, step L in place

Note: Travel forward as you do the heel switches

Sec 3: (17- 24) Pivot 1/2 L, Continue 1/2 Turn L, Back, Together, Out, Out, Back, Together

- 1-2 Step forward on Rf, making a 1/2 turn left (12) and take weight onto Lf
- 3-4 Continue a 1/2 turn left (6) and step back on Rf, and step Lf next to Rf weight onto both feet
- 5-6 Step Rf out to the right side, and step Lf out to the left side
- 7-8 Step big back on Rf, and step Lf next to Rf take weight onto Lf (6:00)

Sec 4: (25- 32) Step Fwd, Quarter Turn R, Side / Recover, Cross, Side, Touch, 1/4 Turn L Step Fwd, 1/2 Turn L, Back

- 1-2 Step forward on Rf, making a quarter turn R (9) and step Lf to the left side
- 3-4 Recover on Rf, and cross Lf over Rf
- 5-6 Step Rf to the right side, and touch Lf next to Rf weight onto Rf
- 7-8 Make a 1/4 turn left (6) and step forward on Lf, continue 1/2 turn left (12) and step back on Rf weight onto Rf

Sec 5: (33-40) Back, Stomp, Heels Fwd Fwd, Back, Hold, 1/4 Turn R, Cross Shuffle

- 1-2 Step back big on Lf, stomp Rf next to Lf
- 3-4 Step forward on R heel, step forward on L heel
- 5-6 Step back on Rf, HOLD weight onto Rf
- 7&8 Making a 1/4 turn left (9) and cross Lf over Rf, step Rf out to the right side, and cross Lf over Rf Weight onto Lf

Restart WALL 3 After Count 8 (facing 6 o'clock)

Start Again And Have Fun On The Floor!

smoothdancer79@hotmail.com
