

# Istanbul

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Amy Glass (USA) - October 2013

Musik: Istanbul (Not Constantinople) (Radio Edit) - Milan & Phoenix : (iTunes)



**32 count intro, at the start of the vocals**

**[1-8] Out R, L, Hip Rolls R, Out L, R, Hip Rolls L**

- 1-2 R to R side, rolling hips out, L to L side, rolling hips out
- 3&4 R Hip roll x 2 clockwise, ending with weight on R
- 5-6 L to L side, rolling hips out, R to R side, rolling hips out
- 7-8 L hip roll x2 counter-clockwise, ending with weight on L

**[Styling: Instead of hip rolls, triple step R or L (for each respective set of hip rolls). Make sure to take small steps as those doing the hip rolls will not be moving much.]**

**[9-16] Box Step, Box Step ¼ R**

- 1-2 Cross R over L, Step back L,
- 3-4 Step Side R, Forward L
- 5-6 Cross R over L, Step back L
- 7-8 ¼ R Stepping Side R, Forward L

**[Styling: Shimmy during the second box]**

**[17-24] Step, Kick, Back, Point x2**

- 1-2 Walk R, Kick L forward
- 3-4 Back L, Point R back
- 5-6 Walk R, Kick L forward
- 7-8 Back L, Point R back

**[25-32] Heel Grind x 3 (Moving Slightly L), Rock Back**

- 1-2 Grind R heel, in front of/slightly crossed over L, step side L
- 3-4 Grind R heel, in front of/slightly crossed over L, step side L
- 5-6 Grind R heel, in front of/slightly crossed over L, step side L
- 7-8 Rock back R, Recover weight back on L

**Restart: During wall 5. Dance the first 24 counts, hold for 4 counts and begin again. This happens while facing the 3:00 wall.**

Contact: [amyleeanne@gmail.com](mailto:amyleeanne@gmail.com)