

Molecules

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Bracken Heidenreich (USA) - January 2016

Music: Molecules - Disclosure : (Album: Caracal - Deluxe - iTunes USA)



Intro: 32 counts

[1-8] SIDE, SIT, SIDE ROCK CROSS, QUARTER, SIDE, WEAVE LEFT

- 1,2 Step right to right side; Sit pushing hip to right while touching left to side with bent knee out
3&4 Rock left to left side; Replace on right in place; Step left across (in front of) right
5,6 Make quarter turn left (9:00) and step right back; Step left to left side
7&8 Step right across (in front of) left; Step left to left side; Step right behind left

[&9-16] SIDE, POINT, SHIFT, UP, MAMBO STEP, HALF, HALF, HALF JUMP

- &1 Step left to left side; Point right to right side
2,3 Shift weight to right, bending knees and exaggerating shoulder shift; Stand up (weight right)
4&5 Step left forward; Step right in place; Step left next to right
6,7,8 Make half turn right (3:00) and step right forward; Make half turn right (3:00) and step left back; Make half turn right and jump feet together (weight right) (3:00)

[17-24] SYNCOPATED JAZZ, SIDE, SAILOR STEP, SAILOR 5/8

- 1,2 Step left across; Step right back
&3,4 Step left to left side; Step right across (in front of) left; Step left to left side
5&6 Step right behind left; Step left to left side; Step right to right side
7&8 Make quarter turn left and step left back; Make quarter turn left and step right slightly to right side; Make 1/8 turn left and step left forward (7:30)

[25-32] STRUT FORWARD 4X, JAZZ BOX CROSS

- 1,2 Step forward on right (as you do so, close left to right popping left knee forward); Step forward on left (as you do so, close right to left popping right knee forward)
3,4 Step forward on right (as you do so, close left to right popping left knee forward); Step forward on left (as you do so, close right to left popping right knee forward)
5,6 Step right across (in front of) left; Make 1/8 turn right (9:00) and step left back
7,8 Step right to right side; Step left across (in front of) right

START OVER

TAG: after wall 8

- 1,2 Step right to right rolling hips back (left to right) over two counts
3,4 Shift weight to left; Touch right next to left

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