

Understanding

Count: 32

Wall: 4

Level: Improver

Choreographer: Fred CHABBAT (FR) - October 2016

Music: Understanding - Lucas John and the Buddies



Intro: 16 Counts - No Tag & No Restart

SI – DIAG. STEP LOCK STEP R/L x 2

1-2& Step R diag R – Step L lock behind R – Step R diag R
3-4& Step L diag L – Step R lock behind L – Step L diag L
5-6& Step R diag R – Step L lock behind R – Step R diag R
7-8& Step L diag L – Step R lock behind L – Step L diag L

SII – BACK STEP R/L x2 – SAILOR STEP ¼ TURN R – POINT & HIP BUMP x2

1-2 Back Step R – Back Step L
3-4 Back Step R – Back Step L
5&6 R behind L - ¼ Turn R, L side L – Step R Fwrd
7&8& Weight on R in place, Hip L Fwrd with Point L – Hip R back - Hip L Fwrd with Point L – Hip R back

SIII – STEP L & HITCH R - 1/4 TURN R & SIDE – CROSS ROCK – COASTER STEP – CROSS & SIDE

1-2-3 Step L Fwrd – Hitch R Fwrd – ¼ Turn R, Step R to R
4&5 Cross L onto R – Recover on R – Step L to L
6&7 Back Step R – L beside R – Step R Fwrd
8&1 Cross L onto R – Step R to R – Recover on L

SIV – MAMBO ¼ TURN R – CROSS MAMBO – WIZARDS R/L

2&3 Step R Fwrd – Recover Step L – ¼ Turn R, Step R to R
4&5 Cross Step L onto R – Recover Step R – Step L to L
6&7 Step R diag R – Step L lock behind R – Step R diag R
&8& Step L diag L – Step R lock behind L – Step L diag L

End of the Dance!!!!... Thanks

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