

# Lana

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Antoinette Claassens (NL) - March 2021

**Musique:** Lana (feat. Bandit) - The Professional DJ



**Intro: 32 counts, dance starts after singing on "O... b... Lana**

**Toe strut, step, pivot ½ turn R, toe strut, step, pivot ½ turn L**

- 1 - 2 RF step on toe fwd - put heel down
- 3 - 4 LF step fwd - LF+RF turn ½ R
- 5 - 6 LF step on toe fwd - put heel down
- 7 - 8 RF step fwd - RF+LF turn ½ L

**Kick-ball-step, step, hold (R + L)**

- 1 & 2 RF kick fwd, RF step on ball, LF step fwd
- 3 - 4 RF step fwd - Hold
- 5 & 6 LF kick fwd, LF step on ball, RF step fwd
- 7 - 8 LF step fwd - Hold

**Vine R, touch, vine L ¼ turn L, touch**

- 1 - 2 RF step R - LF cross behind
- 3 - 4 RF step R - LF touch beside
- 5 - 6 LF step L - RF cross behind
- 7 - 8 LF step fwd ¼ L - RF touch beside

**Step fwd, touch, step back, touch, step back, touch, step fwd, touch**

- 1 - 2 RF step fwd - LF touch beside
- 3 - 4 LF step back - RF touch beside
- 5 - 6 RF step back - LF touch beside
- 7 - 8 LF step fwd - RF touch beside

**Start over again !**

**Last Update - 26 March 2021**

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