

# Optimis

Compte: 64

Mur: 4

Niveau: High Beginner

Chorégraphe: Fonna Queentarina (INA) - October 2022

Musique: Optimis - Atiek CB



## No Tag No Restart

### S1 GRAPVINE R, ROCKING CHAIR

- 1 – 2 Side R to side, Cross L behind R forward
- 3 – 4 Side R to side, Touch L beside R
- 5 – 6 Rock L forward, Recover on R
- 7 – 8 Rock back on L, Recover on R

### S2 GRAPEVINE L, ROCKING CHAIR

- 1 – 2 Side L to side, Cross R behind L forward
- 3 – 4 Side L to side, Touch R beside L
- 5 – 6 Rock R forward, Recover on L
- 7 – 8 Rock back on R, Recover on L

### S3 SIDE ROCK L, SIDE ROCK R

- 1 – 2 Side R to side, Cross L behind R
- 3 – 4 Side L to side, Cross R behind L
- 5 – 6 Side L to side, Cross R behind L
- 7 – 8 Side R to side, Cross L behind R

### S4 MONTEREY, V – STEP

- 1 – 2 Touch R to side, Step R together turn  $\frac{1}{4}$  R
- 3 – 4 Touch L to side, Step L together
- 5 – 6 Step R diagonal forward, Step L diagonal forward
- 7 – 8 Step R back to center, Step L together

### S5 WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L

- 1 – 4 Walk forward R, L, R, Kick L
- 5 – 8 Walk back L, R, touch R beside L

### S6 SWAY, TOE STRUT R & L

- 1 – 2 Push hip R, L
- 3 – 4 Push hip R, L
- 5 – 6 Touch R toe, Step down R heel
- 7 – 8 Touch L toe, Step down L heel

### S7 FORWARD ROCK, BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE

- 1 – 2 R Rock forward, Recover on L
- 3 & 4 Back Shuffle on R, L, R
- 5 – 6 L Rock back, Recover on R
- 7 & 8 Forward shuffle on L, R, L

### S8 JAZ BOX $\frac{1}{4}$ 2X

- 1 – 4 Step R cross over R, L back R  $\frac{1}{4}$  turn R, L forward
- 5 – 8 Step L cross over L, R back L  $\frac{1}{4}$ , Turn L, R forward

ENJOY THE DANCE.....

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