

Watch Me Dance

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Alex Reininger (USA) - October 2024

Musique: Dance The Night - Dua Lipa



Intro: 16 counts

Section 1 (first 8-count): Walk back (4 steps), side points (x3), drag RF into LF

1 2 RF step back (1), LF step back (2)
3 4 RF step back (3), LF step back (4)
5 & RF points to right side (5), RF steps next to LF (&)
6 & LF points to left side (6), LF steps next to RF (&)
7 8 RF points to right side (7), drag RF into LF (8)

In this section, swing hips right (1), left (2), right (3), left (4) when walking back.

Section 2 (second 8-count): R&L step side - toe behind, wizard step, double clap

1 2 RF step to right side (1), LF toe-tap crossed behind RF (2)
3 4 LF step to left side (3), RF toe-tap crossed behind LF (4)
5 6&7 Wizard step: RF step forward at right diagonal (5), LF step-lock behind RF (6), RF step forward at right diagonal (&), LF step forward at left diagonal (7),
&8 Double clap: Clap hands together (&), clap hands together (8)

Optional: With arms bent at elbows, while stepping right, circle arms counterclockwise (1), when left toe goes behind, throw arms down towards right side of body (2), while stepping left, circle arms clockwise (3), when right toe goes behind, throw arms down towards left side of body (4).

Section 3 (third 8-count): Rock forward, recover, shuffle back, rock back, recover, side rock 1/4 pivot turn right

1 2 Rock forward onto RF (1), recover on LF (2)
3&4 Right shuffle back (RF step backward (3), LF step next to RF (&), RF step backward (4))
5 6 Rock back onto LF (5), recover on RF (6)
7 8 Side rock onto LF and 1/4 pivot to the right (7), recover on RF (8)

In this section, start facing the 12:00 wall and end facing the 3:00 wall on count 8.

Section 4 (fourth 8-count): L&R step-cross point, step-cross, step side, full spiral turn left, double clap

1 2 LF step cross in front of RF (1), RF point to right side (2)
3 4 RF step cross in front of LF (3), LF point to left side (4)
5 6 LF step cross in front of RF (5), RF step to right side (6)
7&8 x1 full spiral turn to the left (7), clap hands together (&), clap hands together (8)

In this section, end at the 3:00 wall, which becomes the new 12:00 wall when beginning the dance.

Restart, x1 (after 3rd 8-count of 2nd wall)

Wall 2: During third 8-count, drag-out count 7 (side rock onto LF and 1/4 pivot to the right), recover on RF (&), step LF next to RF (8), RESTART.

Count 7: "Da-a-ance"

Count &: "Watch"

Count 8: "Me"

Tag #1, x1 (after 4th 8-count of 3rd wall): Box Step

1 2 RF step cross in front of LF (1), LF step back (2)
3 4 RF step to right side (3), LF step forward (4)

Lyrics: "Lately I've been..."

Tag #2, x1 (after 4th 8-count of 4th wall): Hips right-left-right, big hip-circle

1 2 Bend knees and dip hips to the right (1-2)

3 4 Bend knees and dip hips to the left (3-4)

5 6 Bend knees and dip hips to the right (5-6)

7&8 Slowly circle hips to left-back-right (7), drag RF into LF (&8)

Count 7: "Da-a-ance"

Count &: "Watch"

Count 8: "Me"

IG - @MindfulMotionMentor & @MindfulMotion.LLC

FB - Alex Reininger & Mindful Motion

Email: MindfulMotionMentor@gmail.com

Website: www.MindfulMotionLLC.com

YouTube: www.youtube.com/@MindfulMotionLLC
