

# Pause.... Zumba

Compte: 80

Mur: 4

Niveau: Improver

Chorégraphe: Swee Tuan (SG) - October 2012

Musique: Pause (Zumba Mix) - Pitbull : (CD: Pause - Zumba Mix - Single)



**Start after 32 counts - Dance rotates counter-clockwise**

## SECTION 1: Shoulder Moves, Pause (Pose) (12 o'clock)

- 1 – 4 Push both shoulders forward (2X)  
5 – 8 Push both shoulders backward (2X)
- 9 – 12 Drop R shoulder down, bring it up, drop L shoulder down, bring it up  
13-16 PAUSE (Pose and hold for 4 counts)
- 17-32 Repeat 1 to 16

## SECTION 2: Side Step Side Touch with Arm Movements

- 33-36 Step R to right (raise both arms above head), step L next to R (lower both arms), step R to right (raise both arms above head), touch L next to R (lower both arms)
- 37-40 Repeat 33 to 36 starting with L and moving to left
- 41-44 Step R to right (punch both arms outward at waist level, fists closed), step L next to R (pull in both arms towards waist, fists closed), Step R to right (punch both arms outward at waist level, fists closed), touch L next to R (pull in both arms towards waist, fists closed)
- 45-48 Repeat 41 to 44 starting with L and moving left

## Right Botafogo, Left Botafogo, ½ turn right, Forward Shuffle

- 49&50 Cross R over L, step ball of L to left, recover on R  
51&52 Cross L over R, step ball of R to right, recover on L  
53-54 Step forward on R, recover on L and ½ turning right  
55&56 Shuffle forward R, L, R (6 o'clock)

## Left Botafogo, Right Botafogo, ¾ turn left, Forward Shuffle

- 57&58 Cross L over R, step ball of R to right, recover on L  
59&60 Cross R over L, step ball of L to left, recover on R  
61-62 Step forward on L, recover on R and ¾ turning left  
63&64 Shuffle forward L, R, L (9 o'clock)

## SECTION 3 Cross, Side, Cross, Touch

- 65-68 Cross R over L, step L to left, cross R over L, touch L to left  
69-72 Repeat 65 to 68 starting with L and moving to the right

## Walk Back (4X) with Shoulder Shimmies, Pause (Pose)

- 73-76 Walk backward R, L, R, L (shimmy shoulders)  
77-80 Pause (Pose and hold for 4 counts)

## START THE DANCE AGAIN

**TAG : At the end of Wall 2, you will be facing 6 o'clock.**

**Dance Section I and then ADD the 16-count TAG as follows:**

- 1&2 R side Mambo

3&4            L side Mambo  
5 -6            Step R to right, step L next to R  
7&8            Cha cha to the right stepping R, L, R  
9-16            Repeat 1 to 8 starting with L side Mambo

**Then continue to dance Sections 2 & 3**

**ENDING : At the end of Wall 4 , you will be facing 12 O'clock.  
Dance Section 3 twice**

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