

Istanbul

Compte: 32

Mur: 4

Niveau: High Beginner



Chorégraphe: Amy Glass (USA) - October 2013

Musique: Istanbul (Not Constantinople) (Radio Edit) - Milan & Phoenix : (iTunes)

32 count intro, at the start of the vocals

[1-8] Out R, L, Hip Rolls R, Out L, R, Hip Rolls L

- 1-2 R to R side, rolling hips out, L to L side, rolling hips out
- 3&4 R Hip roll x 2 clockwise, ending with weight on R
- 5-6 L to L side, rolling hips out, R to R side, rolling hips out
- 7-8 L hip roll x2 counter-clockwise, ending with weight on L

[Styling: Instead of hip rolls, triple step R or L (for each respective set of hip rolls). Make sure to take small steps as those doing the hip rolls will not be moving much.]

[9-16] Box Step, Box Step ¼ R

- 1-2 Cross R over L, Step back L,
- 3-4 Step Side R, Forward L
- 5-6 Cross R over L, Step back L
- 7-8 ¼ R Stepping Side R, Forward L

[Styling: Shimmy during the second box]

[17-24] Step, Kick, Back, Point x2

- 1-2 Walk R, Kick L forward
- 3-4 Back L, Point R back
- 5-6 Walk R, Kick L forward
- 7-8 Back L, Point R back

[25-32] Heel Grind x 3 (Moving Slightly L), Rock Back

- 1-2 Grind R heel, in front of/slightly crossed over L, step side L
- 3-4 Grind R heel, in front of/slightly crossed over L, step side L
- 5-6 Grind R heel, in front of/slightly crossed over L, step side L
- 7-8 Rock back R, Recover weight back on L

Restart: During wall 5. Dance the first 24 counts, hold for 4 counts and begin again. This happens while facing the 3:00 wall.

Contact: amyleeanne@gmail.com