

# Panama

拍数: 80      墙数: 2      级数: Improver  
编舞者: Tina Chen Sue-Huei (TW) & Juilin Chen (TW) - November 2017  
音乐: Panama - Matteo



**Start On Vocal (16 Counts) SOD: 80-32-80-64-64**

**\*\*2 Restarts:**

**Restart on wall-2 (start 6:00) dance until count 32 and restart the dance facing 12:00**

**Restart on wall-4 (start 6:00) dance until count 64 and restart the dance facing 9:00**

**The End on wall-5 (start 9:00) dance until count 64 facing 12:00 ending pose**

## **S1. (Fwd Touch with Hips lifted & dropped): R-L, (Side Shuffle): R-L**

1&2      Touch R Toes Fwd as lifting hips up(1), Drop hips down (&) Lift hips up (2)-keeping weight on LF  
3&4      Repeat 1&2  
5&6      Step RF To Right, Tog Step LF, Step RF To Right  
7&8      Step LF To Left, Tog Step RF, Step LF To Left

## **S2. Stomp Stomp, Hip Bumps, R Side Shuffle, ¼ L Side Shuffle**

1-2      Stomp RF To Right Side, Stomp LF To Left Side  
3&4      Bump hips To R-L-R  
5&6      Step RF To Right, Tog Step LF, Step RF To Right  
7&8      ¼ turn L Stepping LF To Left, Tog Step RF, Step LF To Left (9:00)

## **S3. Side-Tog, Heel Swivels, Fwd, Pivot ½ R, ½R, Tog**

1-2      Big Step RF To Right Side, Drag & Tog Step On LF  
3&4      Twist Both Heels To Right, Left, Center  
5-6      Fwd Step On LF, Pivot ½ R Step On RF (3:00)  
7-8      ½ R Back Step On LF(9.00), Tog Step On RF

## **S4. Side-Tog, Heel Swivel, Fwd, Pivot ¼ L, Step R-L**

1-2      Big Step LF To Left Side, Drag & Tog Step On RF  
3&4      Twist Both Heels To Right, Left, Center  
5-6      Fwd Step On RF, Pivot ¼ L weight onto LF. (6:00)  
7-8      Tog Step On RF, Step LF Beside RF

**Restart here on wall-2 (start 6:00) dance until count 32 and Restart the dance facing 12:00**

## **S5. Syncopated Side Rock, R Side Rock, Fwd, Pivot ½ L**

1-2&      Side Rock On RF, Recover On LF, Step Tog On Ball Of RF  
3-4&      Side Rock On LF, Recover On RF, Step Tog On Ball Of LF  
5-6      Side Rock On RF, Recover On LF  
7-8      Fwd Step RF, Pivot ½ L Step On LF (12.00)

## **S6. Repeat S5. Above (Ends Facing 6.00)**

## **S7.(1/8 L Jazz Box) 2X**

1-4      Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF  
5-8      Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF (3.00)

## **S8.(Side Rock, Side Shuffle): R-L**

1-2      Side Rock On RF, Recover On LF  
3&4      Step RF To Right, Tog Step LF, Step RF To Right  
5-6      Side Rock On LF, Recover On RF

7&8 Step LF To Left, Tog Step RF, Step LF To Left

**\*\*Please refer To Video For Arm Movements**

**Restart here on wall-4 (start 6:00) dance until count 64 and restart the dance facing 12:00**

**S9.Walk, Walk, Fwd, Pivot ½ L, ,Walk Walk, Fwd, Pivot ¼ L**

1-4 Walk Fwd On R, L, Fwd Step RF, Pivot ½ turn L weight Onto LF (9.00)

5-8 Walk Fwd On R, L, Step Fwd RF, Pivot ¼ turn L weight Onto LF (6.00)

**S10.Out-Out, In-In, Fwd, Pivot ½ L, Back ½ L,Tog**

1-4 Diag Step Out On R-L, Back Tog Step On R-L

5-8 Fwd Step On RF, Pivot ½ turn L Weight Onto LF (12.00), ½ turn L Back Step On RF, Tog Step LF. (6:00)

**Happy Dancing!**

**Contact:sh3385@gmail.com**

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