

# Dopamine

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: Karianne Heimvik (NOR) - November 2018  
音乐: Dopamine - Clairmont & Wonder The Boy



Dance sequence: ABB, ABB, Tag A BB

## PART A:

### A(1-8) Rockingchair, ¼ turn cross, Monterey ¼ turn x2

1&2&      rock fwd on R, recover weight on L, rock back on R, recover weight on L  
3&4      step fwd on R, make ¼ turn to left and recover weight on L, cross R over L  
5,6      touch L to left, make ¼ turn to left by bringing L back in place and stepping on to it.  
7,8      touch R to right, make ¼ to right by bringing R back in place and stepping on to it

### A(9-16) Anchorstep (syncopated), ½ turn x 2, coasterstep, fwd step

1,2&      step fwd on L and make ¼ turn to right, step R behind L, recover weight on L  
3,4,5      make ¼ turn to left and step back on R, make ½ turn to left stepping onto L, make ½ turn to left stepping back on R  
6&7,8      step back on L, step R next to L, step fwd on L, step fwd on R  
**(for styling do your ½ turns with a pep in your step and straight legs)**

### A(17-24) rock step, shuffle back, rock step, shuffle ½ turn

1,2      rock fwd on L (pop your R knee), recover weight on R (pop your L knee)  
3&4      step back on L, step R next to L, step back on L  
5,6      rock back on R, recover weight back to L  
7&8      make ¼ turn to left by stepping fwd on R, make ¼ turn to left by stepping L next to R, step back on R

### A(25-32) back sweep, back sweep, sailor ¼ turn, pivot ½ turn, ½ turn

1,2      sweep and step back on L, sweep and step back on R  
3&4      make ¼ turn to left as you sweep and step L behind R, step R to right, step L in place  
5,6      step fwd on R, make ½ turn to left by stepping onto L  
7&8      step fwd on R, make ½ turn to left by stepping onto L, step fwd on R

### A(33-40) step fwd x2

1,2,3,4      step fwd on L  
5,6,7,8      step fwd on R

### A(41-48) step fwd L, rock step, ½ turn x2

1,2,3,4      step fwd on L  
5,6      rock fwd on R, recover weight on L  
7,8      make ½ turn to right stepping onto R, make ½ turn to right stepping back on L (start sweeping R)

**(for styling, feel free to use your arms on count 33 to 44)**

## PART B:

### B(49-56) sailor ¼ turn, walk, walk, ¼ turn cross, ¼ turn, ½ turn

1&2      make ¼ turn to right as you sweep and step R behind L, step L to left, step R in place  
3,4      step fwd on L, step fwd on R  
5&6      step fwd in L, make ¼ turn to right and recover weight to R, cross L over R  
7,8      make ¼ turn to left stepping back on R, make ½ turn to left stepping onto L

### B(57-64) syncotaped rockstep, rock step, ½ turn x2, staccatto steps

1,2& rock fwd on R, recover weight on L, step R next to L  
3,4 rock fwd on L, recover weight on R  
5,6 make ½ turn to left stepping onto L, make ½ turn to left stepping back on R  
7&8 step L to left, step R in place, step L in place, step L in place  
**(while doing count 7&8, keep on the ball of your feet and legs straight)**

**Start dance again!**

**TAG: The 3rd time you dance A, there will be a tag after 30 counts.**

**The music will be different for the whole A this time, so it is easy to remember.**

**The tag comes after: back sweep, back sweep, sailor ¼ turn, pivot ½ turn**

**Tag:**

31,32 rock back on R, make a ½ turn to right and recover weight to L

**Remember to start sweeping R to start part B**

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