

# Panama

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - August 2021  
音乐: Panama - Matteo



**No tag and no restart!**

**Intro: 8 counts**

## **I. CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN**

1-2            Cross RF over LF, step LF to side  
3&4           Cross RF behind LF, step LF to side, step RF to side  
5-6           Cross LF over RF, step RF to side  
7&8           ¼ Turn L cross LF behind RF, step RF to side, step LF to side (9.00)

## **II. CROSS, SIDE, CROSS SHUFFLE, ROCK SIDE, SAILOR ¼ TURN**

1-2            Cross RF over LF while bend knee, step LF to side  
3&4           Cross RF over LF, step LF to side, cross RF over LF  
5-6           Rock LF to side, recover on RF  
7&8           ¼ Turn L cross LF behind RF, step RF to side, step LF to side (6.00)

## **III. BOOGIE WALK BACK, COSTER STEP, ½ R FLICK, SHUFFLE**

1-2            Step RF back while LF heel in, step LF back while RF heel in  
3&4           Step RF back, close LF next to RF, step RF forward  
5-6           Step LF forward, ½ turn R step RF in place and flick LF (12.00)  
7&8           Step LF forward, step RF next to LF, step LF forward

## **IV. SIDE, CLOSE, CROSS, CHASSE, ¼ R CHASSE, CROSS MAMBO**

&1-2          Step RF to side, close LF next to RF while push body to R, cross RF over LF  
3&4           Step LF to side, close RF next to LF, step LF to side  
5&6           ¼ Turn R step RF to side, close LF next to RF, step RF to side (3.00)  
7&8           Cross LF over RF, recover on RF, step LF to side

**Enjoy the dance!**

**Contact: [hottiepurba@yahoo.com](mailto:hottiepurba@yahoo.com) & [hidayatwandi73@gmail.com](mailto:hidayatwandi73@gmail.com)**