

Istanbul

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Amy Glass (USA) - October 2013
音乐: 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.

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