

# Marina

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Lars Kuif (NL) - February 2014  
音乐: Marina - Chico & The Gypsies



**Info: 137 Bpm, Start after 4 counts (on beat)**

**[1 – 8] Walk Fwd. R+L, R Shuffle Fwd., Reverse Sailor Cross L+R**

1 – 2                      Step R fwd., step L fwd.  
3 & 4                      Step R fwd., step L next to R, step R fwd.  
5 & 6                      Step L across L, step R to side, step L to side  
7 & 8                      Step R across L, step L to side, step R to side

**[9 – 16] L Rock Fwd., Recover, Triple Step Full Turn L, R Side Step, Together, R Shuffle Fwd.**

1 – 2                      Step L fwd., recover to R  
3 & 4                      ¼ turn L stepping L to side, ½ turn L stepping R back, ¼ turn L stepping L fwd.  
5 – 6                      Step R to side, step L next to R  
7 & 8                      Step R fwd., step L next to R, step R fwd.

**[17 - 24] L Side Step, Together, L Shuffle Back, ½ Shuffle Turn R, L Step Fwd, ¼ Turn R**

1 – 2                      Step L to side, step R next to L  
3 & 4                      Step L back, step R next to L, step L back  
5 & 6                      ¼ turn R stepping R to side, step L next to R, ¼ turn R, stepping R fwd.  
7 – 8                      Step L fwd., ¼ turn R recovering weight to R

**[25 – 32] L Cross, R Flick, R Reverse Sailor Cross, L Rock, Recover, L Coaster Step Back**

1 – 2                      Step L across R, R flick behind L  
**(Note: dance 1st wall up to 1-2 and add Mambo - Touch)**  
3 & 4                      Step R across L, step L to side, step R to side  
5 – 6                      Step L fwd., recover to R  
7 & 8                      Step L back, step R next to L, step L fwd.

**Begin again and have fun!**

**Tag + Restart: Dance wall 1 up to count 26 [9:00] and add**

3 & 4                      Step R fwd., recover to L, touch R next to L

**Begin again**

**Tag: After wall 3 [3:00] add:**

1 – 2                      Touch R heel fwd., touch R next to L

**Begin again**

**Questions: [larskuif@hotmail.com](mailto:larskuif@hotmail.com) - Website: [larskuif@hotmail.com](http://larskuif@hotmail.com)**