

# Pamela

拍數: 56      牆數: 4      級數: Improver  
編舞者: Roro Line Dance (INA) - March 2022  
音樂: Pamela - Vhong Navarro



## S1. VINE RIGHT TWISTS

1-4      Step R to side – Cross L behind R – Step R to side – Step L together (12:00)  
5-8      Twist both heels to right - Twist both heels to left - Twist both heels to right - Twist both heels to left

## S2. VINE LEFT TWISTS

1-4      Step L to side – Cross R behind L – Step L to side – Step R together (12:00)  
5-8      Twist both heels to left - Twist both heels to right - Twist both heels to left - Twist both heels to right

## S3. SIDE TURN ¼ LEFT, TOUCH

1-4      Turn ¼ left step R to side – Touch L together – Turn ¼ left L to side - Touch R together  
5-8      Turn ¼ left step R to side – Touch L together – Turn ¼ left L to side - Touch R together (6:00)

## S4. BACK ROCK RECOVER, FORWARD SUFFLE, PIVOT ½ TURN LEFT

1-2      Rock R back – Recover on L  
3&4      Step R forward – Lock L behind R – Step R forward  
5-6      Step L forward – Lock R behind – Step L forward  
7&8      Step R forward – Turn ½ left weight on L

## S5. CROSS, TOUCH, JAZZ BOX TURN ¼ RIGHT

1-4      Cross R over L – Touch L to side – Cross L over R – Touch R to side  
5-8      Cross R over L – Step L back – Turn ¼ right step R to side – Step L forward

## S6. SIDE, TOUCH, RIGHT LINDY

1-4      Step R to side – Touch L together – Step L to side – Touch R together  
5&6      Step R to side – Step L together – Step R to side  
7&8      Rock L back - Recover on R

## S7. SWITCH TOUCH, LEFT LINDY

1-4      Touch L to side – Touch L together – Touch L to side – Touch L together  
5&6      Step L to side – Step R together – Step L to side  
7-8      Rock R back – Recover on L

## REPEAT

Restart : On wall 3, 5 & 7 after 36 count

For more info about step sheet & song, please contact:  
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Last Update - 11 Mar 2022