

# Selen Selen

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Hantos Djay (IT) - December 2024  
音樂: Selen Selen (Танцуй танцуй) - Лена Северная



**Intro: 48 counts - No Tags & No Restarts.**

## S.1 Rock Forward, Back Shuffle, Rock Back, Slightly Cross, Point.

1 2            Step R Forward, Recover on left  
3 & 4        Step R Back, Step L beside R, Step R Back  
5 6            Step L Back, Recover on right  
7 8            Step Forward on left slightly crossing over right, Touch R Side to right

## S.2 Slightly Cross, Point, Cross, Side, Cross Shuffle, Side, Touch Together.

1 2            Step Forward on right slightly crossing over left, Touch L Side to left  
3 4            Cross Left over Right, Step R Side  
5 & 6        Cross Left over Right, Step R Side, Cross Left over Right  
7 8            Step R Side, Touch L Together

## S.3 Rolling Vine, Rocking Chair.

1 2            1/4 turn L Step L Forward, 1/2 turn L Step R Back  
3 4            1/4 turn L Step L Side, Touch R Together  
5 6            Step R Forward, Recover on left  
7 8            Step R Back, Recover on left

## S.4 Side Rock, Cross & Unwind 3/4 turn Right, Touch Side & Together, Side & Touch Together.

1 2            Step R Side, Recover on left  
3 4            Cross R behind left, Unwind 3/4 turn R ending with weight on right  
5 6            Touch L Side to left, Touch L Together  
7 8            Step L Side, Touch R Together

## S.5. Chasse L, Rock Forward, 1/2 L Shuffle

1 2            1/8 Turn L Step R Side, Step L beside R  
3 4            Step R Side, 1/8 Turn R Touch L Together  
5 6            Step L Forward, Recover on right  
7 & 8        1/4 turn L Step L Side, Step R beside L, 1/4 turn L Step L Forward

## S.6. Rock Forward, 1/2 R Shuffle, Rock Forward, 1/4 L Shuffle

1 2            Step R Forward, Recover on left  
3 & 4        1/4 turn R Step R Side, Step L beside R, 1/4 turn R Step R Forward  
5 6            Step L Forward, Recover on right  
7 & 8        1/4 turn L Step L Side, Step R beside L, Step L Side

**Ending: On Wall 8 facing (6:00) you do the first 43 counts of the dance.**

Introduced by Stéphane Beauchamp - Email: [htinc@videotron.ca](mailto:htinc@videotron.ca)