

# Istanbul

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Amy Glass (USA) - October 2013  
音樂: 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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