

Melody

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) December 2018

Music: Melody / Artist: Lost Frequencies ft. James Blunt -Available on iTunes

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(16 count intro)

[S1] Toe-1/4R Heel, Coaster Step, Touch Fwd-Touch Side, 1/4L Coaster Step

1 2 Step forward with R toe (R knee in), Make a ¼ turn right step R heel forward with R heel (3:00)

3&4 Step R back, Step L next to R, Step R forward

5 6 Touch L forward, Touch L to side

7&8 Make a ¼ turn left step L back, Step R next to L, Step L forward (12:00)

[S2] 1/4L Hip Roll w/Hitch, Side Shuffle, Hip Roll w/Hitch, Side Shuffle

1 2 Make a ¼ turn left step R to side and roll your hips anticlockwise, Hitch R (9:00)

3&4 Step R to side, Step L next to R, Step R to side

5 6 Step L to side and roll your hips clockwise, Hitch L

7&8 Step L to side, Step R next to L, Step L to side

[S3] 1/2R Hinge Turn, Hold, Cross Kick-Out-Out, Cross Kick-Out-Out, Knee Push-Recover

1 2 Make a ½ turn right on ball of L foot and step R to side, Hold (3:00)

3&4 Kick L across R, Step L to side, Step R to side

5&6 Kick L across R, Step L to side, Step R to side

7 8 Step L together and push both knees forward (heels up), Recover (push back/both heels down)

[S4] Ball-Heel-Hold, &-1/4R Heel-&(1/4L)-1/4L Heel-&, Step-Pivot 1/2L-Ball-Heel-&-Heel

&1 2 Step R back, Step L forward with heel, Hold

&3& Step L next to R, Make a ¼ turn right step R forward with heel (6:00), Make a ¼ turn left step R together (3:00)

4& Make a ¼ turn left step L forward with heel (12:00), Step L next to R

5 6& Step R forward, Make a ½ turn left recover weight on L, Step R forward (6:00)

7&8 Step L forward with heel, Step L together, Step R forward with heel weight ends on L (6:00)

Repeat

No Tags or Restarts!!

(updated: 20/Nov/18)