

Medina ()

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Count: 64

Wall: 2

Level: Beginner/Intermediate

Choreographer: Niels Poulsen , DK (Oct 09)

Music: You And I by Medina (CD: 4.15min)

Intro: 8

counts from first beat (app. 4 seconds into track). Start with weight on L

foot

R Touch Ball Step X2, Step

½ L, Walk R L

, ,

1&2

Touch R slightly fw (1), step R a small step back

(&), step fw on L (2) [12:00] , , (12)

3&4

Touch R slightly fw (3), step R a small step back

(&), step fw on L (4) [12:00] , , (12)

5-6

Step fw on R (5), turn ½ L stepping onto L (6) [6:00]

, 180 (6)

7-8

Walk fw on R (8), walk fw on L (7) [6:00]

, (6)

□□

Step - Heel Twist X 2,

Step ½ L, Step ¼ L

□ , □□□ , □□ , □ 90

1&2

Step slightly fw on R (1), twist both heels right

(&), twist both heels to centre (2) [6:00] □□□□ , □□□□ , □□□□ (□□ 6□□)

3&4

Step slightly fw on L (3), twist both heels left

(&), twist both heels to centre (2) [6:00] □□□□ , □□□□ , □□□□ (□□ 6□□)

5-6

Step fw on R (5), turn ½ L stepping onto L (6) [12:00]

□□□□ , □□ 180□□□□ (□□ 12□□)

7-8

Step fw on R (7), turn ¼ L stepping onto L (8) [9:00]

□□□□ , □□ 90□□□□ (□□ 9□□)

□□

R Samba Step, L Samba

Step, R Jazz Box With ½ R

□□□ , □□□ , □□□□□□

1&2

Cross R over L (1), rock L to L side (&), recover

on R (2) [9:00]

□□□□□□□□ , □□□□ , □□□□ (□□ 9□□)

3&4

Cross L over R (3), rock R to R side (&), recover

on L (4) [9:00]

□□□□□□□□ , □□□□ , □□□□ (□□ 9□□)

5-6

Cross R over L (5), turn ¼ R stepping back on L (6) [12:00]

□□□□□□□□ , □□ 90□□□□ (□□ 12□□)

7-8

Turn ¼ R stepping fw on R (7), step L to L side (8) [3:00]

□□ 90□□□□ , □□□□ (□□ 3□□)

□□□

R Sailor, L Sailor, Cross

R Behind L, Unwind ½ R, Cross L Over R, Point R To R Side

□□□ , □□□ , □□□□□□□□ , □□□ , □□□□□□□□ , □□□□

1&2

Cross R behind L (1), step L to L side (&), step R

a small step to R side (2) [12:00]

□□□□□□□□ , □□□□ , □□□□ (□□ 12□□)

3&4

Cross L behind R (3), step R to R side (&), step L

a small step to L side (4) [12:00]

□□□□□□□□ , □□□□ , □□□□□ (□□ 12□□)

5-6

Cross touch R behind L (5), unwind ½ R stepping onto R

foot (6) [9:00]

□□□□□□□□ , □□□□ 180□□□□ (□□ 9□□)

7-8

Cross L over R (7), point R to R side (8) [9:00]

□□□□□□□□ , □□□□ (□□ 9□□)

□□□

Diagonal Extended R Cross Shuffle, Diagonal

Extended L Cross Shuffle

□□□□□□□□ , □□□□□□□□

1&2&

Cross R over L (1), step L a small step diagonally fw

(&), cross R over L (2), step L a small step diagonally fw (&)

(moving towards 7:30) [7:30]

□□□□□□□□ , □□□□□□ , □□□□□□□□ , □□□□□□ (□□ 7:30)

3&4

Cross R over L (3), step L small step diagonally fw

(&), cross R over L (4) (moving towards 7:30) [7:30]

□□□□□□□□ , □□□□□□ , □□□□□□□□ (□□ 7:30)

5&6&

Cross L over R (5), step R a small step diagonally fw

(&), cross L over R (6), step R a small step diagonally fw (&)

(moving towards 10:30) [10:30]

□□□□□□□□ , □□□□□□ , □□□□□□□□ , □□□□□□ (□□ 10:30)

7&8

Cross L over R (7), step R small step diagonally fw

(&), cross L over R (8) (moving towards 10:30) [10:30]

□□□□□□□□ , □□□□□□ , □□□□□□□□ (□□ 10:30)

□□□

Side Rock R, Together, Side Rock L, Sailor ¼

L, R Kick Ball Touch

□□□□□□ , □ , □□□□□□ , □ /4□□□ , □□□□

1-2

Square up to 9:00 rocking R to R side (1), recover on L

(2) [9:00]

□□□□□□□□ , □□□□ (□□ 9□□)

&3-4

Bring R next to L (&), rock L to L side (3),

recover on R (4) [9:00]

□□□□□□ , □□□□□□ , □□□□□□ (□□ 9□□)

5&6

Cross L behind R (5), turn ¼ L stepping R a small step

R (&), step fw on L (6) [6:00]

□□□□□□□□ , □□ 90□□□□□□ , □□□□ (□□ 6□□)

7&8

Kick R fw (7), step R next to L (&), touch L next

to R (8) [6:00]

□□□□ , □□□□ , □□□□ (□□ 6□□)

□□□

Fw L, Touch Together, Back R, Touch

Together, Rock And Pop X2

□

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1-2

Step fw on L (1), touch R next to L (2) [6:00]

□□□□ , □□□□ (□□ 6□□)

3-4

Step back on R (3), touch L next to R (4) [6:00]

□□□□ , □□□□ (□□ 6□□)

5-6

Rock L fw popping R knee fw (5), recover on R popping L

knee fw (6) [6:00]

□□□□□□□□ , □□□□□□□□ (□□ 6□□)

7-8

Rock L fw popping R knee fw (7), recover on R popping L

knee fw (8) [6:00]

□□□□□□□□ , □□□□□□ (□□ 6□□)

□□□

L Kick Ball Touch Fw, R Kick Ball Touch Fw,

L Chasse, R Back Rock

□□□□ , □□□□ , □□□ , □□□□

1&2

Kick L fw (1), step back on L (&), touch R slightly

fw (2) [6:00]

□□□□ , □□□□ , □□□□□□ (□□ 6□□)

3&4

Kick R fw (3), step back on R (&), touch L slightly

fw (4) [6:00]

□□□□ , □□□□ , □□□□□□ (□□ 6□□)

5&6

Step L to L side (5), bring R next to L (&), step L

to L side (6) [6:00] □□□□ , □□□□ , □□□□ (□□ 6□□)

7-8

Rock back on R (7), recover on L (8) [6:00]

□□□□□□ , □□□□ (□□ 6□□)