

Medina

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Count: 64 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Niels Poulsen (Denmark) October 2009

Music: You and I by Medina. Track version is 4.15 mins

Intro: 8 counts from first beat (app. 4 seconds into track). Start with weight on L foot

(1 - 8) R touch ball step X 2, 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]

3&4 Touch R slightly fw (3), step R a small step back (&), step fw on L (4) [12:00]

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

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

(9 - 16) Step - heel twist X 2, step ½ L, step ¼ L

1&2 Step slightly fw on R (1), twist both heels right (&), twist both heels to centre (2) [6:00]

3&4 Step slightly fw on L (3), twist both heels left (&), twist both heels to centre (2) [6:00]

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

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

(17 - 24) 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]

3&4 Cross L over R (3), rock R to R side (&), recover on L (4) [9:00]

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

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

(25 - 32) 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]

3&4 Cross L behind R (3), step R to R side (&), step L a small step to L side (4) [12:00]

5 - 6 Cross touch R behind L (5), unwind ½ R stepping onto R foot (6) [9:00]

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

(33 - 40) 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]
- 3&4** Cross R over L (3), step L small step diagonally fw (&), cross R over L (4) (moving towards 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]
- 7&8** Cross L over R (7), step R small step diagonally fw (&), cross L over R (8) (moving towards 10:30) [10:30]

(41 - 48) Side rock R, together, side rock L, sailor ¼ L, R kick ball touch

- 1 - 2** Square up to 9:00 rocking R to R side (1), recover on L (2) [9:00]
- &3 - 4** Bring R next to L (&), rock L to L side (3), recover on R (4) [9:00]
- 5&6** Cross L behind R (5), turn ¼ L stepping R a small step R (&), step fw on L (6) [6:00]
- 7&8** Kick R fw (7), step R next to L (&), touch L next to R (8) [6:00]

(49 - 56) Fw L, touch together, back R, touch together, rock and pop X 2

- 1 - 2** Step fw on L (1), touch R next to L (2) [6:00]
- 3 - 4** Step back on R (3), touch L next to R (4) [6:00]
- 5 - 6** Rock L fw popping R knee fw (5), recover on R popping L knee fw (6) [6:00]
- 7 - 8** Rock L fw popping R knee fw (7), recover on R popping L knee fw (8) [6:00]

(57 - 64) 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]
- 3&4** Kick R fw (3), step back on R (&), touch L slightly fw (4) [6:00]
- 5&6** Step L to L side (5), bring R next to L (&), step L to L side (6) [6:00]
- 7 - 8** Rock back on R (7), recover on L (8) [6:00]

Begin again!...

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