



ISTANBUL

(Oct 2013)



Niveau :

Chorégraphe : Amy Glass

Type: Danse en ligne

Musique: "Istanbul (Not Constantinople) [Radio Edit]"

by Milan & Phoenix

Introduction 32 temps - aux paroles

SECTION I 1 à 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 B 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.

SECTION II 9 à 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

SECTION III 17 à 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

Restart during wall 5

SECTION IV 25 à 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

RECOMMENCEZ AU DEBUT