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| Medina |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Niels Poulsen (DK) - October 2009 |
| **Music:** | You and I - Medina : (4:15) |
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**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**

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| 1&2 | Touch R slightly fw (1), step R a small step back (&), step fw on L (2) [12:00] |

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

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

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| 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**

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

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

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

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| 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**

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| 1&2 | Cross R over L (1), rock L to L side (&), recover on R (2) [9:00] |

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

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

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| 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**

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| 1&2 | Cross R behind L (1), step L to L side (&), step R a small step to R side (2) [12:00] |

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

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

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| 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**

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| 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] |

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| 3&4 | Cross R over L (3), step L small step diagonally fw (&), cross R over L (4) (moving towards 7:30) [7:30] |

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| 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] |

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| 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**

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| 1 – 2 | Square up to 9:00 rocking R to R side (1), recover on L (2) [9:00] |

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| &3 – 4 | Bring R next to L (&), rock L to L side (3), recover on R (4) [9:00] |

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| 5&6 | Cross L behind R (5), turn ¼ L stepping R a small step R (&), step fw on L (6) [6:00] |

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| 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**

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

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

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| 5 – 6 | Rock L fw popping R knee fw (5), recover on R popping L knee fw (6) [6:00] |

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| 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**

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| 1&2 | Kick L fw (1), step back on L (&), touch R slightly fw (2) [6:00] |

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| 3&4 | Kick R fw (3), step back on R (&), touch L slightly fw (4) [6:00] |

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| 5&6 | Step L to L side (5), bring R next to L (&), step L to L side (6) [6:00] |

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

**Begin again!...**

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