Count: 32
Wand: 2
Ebene: Intermediate
Choreograf/in: Hiroko Carlsson (AUS) - December 2018
Musik: Melody (feat. James Blunt) - Lost Frequencies : (iTunes)
(16 count intro)
[S1] Toe-1/4R Heel, Coaster Step, Touch Fwd-Touch Side, 1/4L Coaster Step
$\begin{array}{ll}12 & \begin{array}{l}\text { Step forward with } R \text { toe ( } R \text { knee in), Make a } 1 / 4 \text { turn right step } R \text { heel forward with } R \text { heel } \\ (3: 00)\end{array} \\ 3 \& 4 & \text { Step } R \text { back, Step } L \text { next to } R \text {, Step } R \text { forward } \\ 56 & \text { Touch } L \text { forward, Touch } L \text { to side } \\ 7 \& 8 & \text { Make a } 1 / 4 \text { turn left step } L \text { back, Step } R \text { next to } L \text {, Step } L \text { forward (12:00) }\end{array}$
[S2] 1/4L Hip Roll w/Hitch, Side Shuffle, Hip Roll w/Hitch, Side Shuffle
12 Make a $1 / 4$ 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
56 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
12 Make a $1 / 2$ 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
78 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 $1 / 4$ turn right step R forward with heel (6:00), Make a $1 / 4$ turn left step $R$ together ( $3: 00$ )
4\& $\quad$ Make a $1 / 4$ turn left step $L$ forward with heel (12:00), Step $L$ next to $R$
56\& Step R forward, Make a $1 / 2$ 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!!

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 20/Nov/18)

