|  |  |
| --- | --- |
| Wave |  |

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| . | | | | | | |
| **Count:** | 88 | **Wall:** | 2 | **Level:** | Phrased Advanced | . |
| **Choreographer:** | Esmeralda van de Pol (NL) - November 2019 | | | | |
| **Music:** | Wave (feat. Mike Sabath) - Meghan Trainor | | | | |
| . | | | | | | |

**Intro : start on lyrics with part A**

**Sequence : AA en the rest of the dance part B**

**You will dance part A twice, this is just to start the dance before the real beat is coming in!!**

**A:**

**BASIC NC RIGHT, SIDE, BACK ROCK, FWD RUN, ROCK FWD, STEP BACK**

|  |  |
| --- | --- |
| 1-2& | Step RF to R side, Step LF behind RF, Cross RF over LF |

|  |  |
| --- | --- |
| 3-4& | step LF to L side, Rock RF back, Recover weight on LF |

|  |  |
| --- | --- |
| 5-6& | Walk fwd R-L-R |

|  |  |
| --- | --- |
| 7-8& | Rock LF fwd, Recover weight on RF, Step LF back |

**BACK SWEEP, BEHIND SIDE CROSS, SWEEP, CROSS, SIDE, BEHIND SWEEP, BACK ROCK, 1/2 TURN R, CHASSE R**

|  |  |
| --- | --- |
| 1-2& | Step RF back-sweep LF behind RF, Step LF behind RF, Step RF to R side |

|  |  |
| --- | --- |
| 3-4& | Cross LF over RF-sweep RF in front of LF, Cross RF over LF, Step LF to L side |

|  |  |
| --- | --- |
| 5-6& | Step RF back, Rock LF back, recover weight on RF , |

|  |  |
| --- | --- |
| 7-8&1 | 1/2 turn R-step LF back, Step RF to R side, Step LF next to RF, Step RF to R side |

**CROSS ROCK SIDE, BACK ROCK , STEP FWD, STEP FWD 1/2 TURN R, STEP FWD, POINT - TOUCH**

|  |  |
| --- | --- |
| 2& | Rock LF in front of RF, Recover weight on RF |

|  |  |
| --- | --- |
| 3-4& | Step LF to L side, Rock RF back, Recover weight on LF |

|  |  |
| --- | --- |
| 5-6& | Step RF fwd, Step LF fwd, 1/2 turn R-weight on RF |

|  |  |
| --- | --- |
| 7-8& | Step LF fwd, Point RF to R side, Touch RF next to LF |

**Note, when you dance part A the second time, dance up till count 7 of section 3 and start B**

**B**

**KICK & POINT & POINT & KICK & TOUCH & KICK , BACK, TOUCH**

|  |  |
| --- | --- |
| 1&2& | Kick RF fwd, Step RF next to LF, Point LF to L side, Step LF next to RF |

|  |  |
| --- | --- |
| 3&4& | Point RF to R side, Step RF next to LF, Kick LF fwd, Step LF next to RF |

|  |  |
| --- | --- |
| 5&6 | Touch RF next to LF, Step RF next to LF, Kick LF fwd |

|  |  |
| --- | --- |
| 7-8 | Step LF back, Touch RF in front of LF |

**DOROTHY STEPS R & L, FWD ROCK & PIVOT 1/2 TURN R**

|  |  |
| --- | --- |
| 1-2& | Step RF diagonal fwd, Step LF behind RF, Step RF diagonal fwd |

|  |  |
| --- | --- |
| 3-4& | Step LF diagonal fwd, Step RF behind LF, Step LF diagonal fwd |

|  |  |
| --- | --- |
| 5-6& | Rock RF fwd, Recover weigh on LF, Step RF next to LF |

|  |  |
| --- | --- |
| 7-8 | Step LF fwd, 1/2 turn R-weight on RF 06.00 |

**SIDE, DRAG, 1/2 TURN R SIDE ROCK, BEHIND, 1/4 TURN L, SWEEP, CROSS SAMBA**

|  |  |
| --- | --- |
| 1-2 | Step LF to L side, Drag RF next to LF |

|  |  |
| --- | --- |
| 3&4 | 1/2 turn R- rock RF to R side, Recover weight on LF, Step RF behind LF 12.00 |

|  |  |
| --- | --- |
| 5-6 | 1/4 turn L-step LF fwd, Sweep RF in front of LF 09.00 |

|  |  |
| --- | --- |
| 7&8 | Cross RF in front of LF, Rock LF to L side, Recover weight RF |

**STEP FWD, HITCH, COASTER STEP, STEP 1/2 TURN R, KICK BALL CHANGE**

|  |  |
| --- | --- |
| 1-2 | Step LF fwd, Hitch R knee up |

|  |  |
| --- | --- |
| 3&4 | Step RF back, Step LF next to LF, Step RF fwd |

|  |  |
| --- | --- |
| 5-6 | Step LF fwd, 1/2 turn R weights stays on LF ! 03.00 |

|  |  |
| --- | --- |
| 7&8 | Kick RF fwd, Step RF next to LF, Step LF next to RF |

**SIDE, HOLD, COASTER CROSS, SIDE, 1/2 TURN L, CHASSE L**

|  |  |
| --- | --- |
| 1-2 | Step RF to R side, Hold |

|  |  |
| --- | --- |
| 3&4 | Step LF behind RF, Step RF to R side, Cross LF over RF |

|  |  |
| --- | --- |
| 5-6 | 1/4 turn L-step RF back, sweep LF 1/4 turn L-weight is on RF 09.00 |

|  |  |
| --- | --- |
| 7&8 | Step LF to L side, Step RF next to LF, Step LF to L side |

**1/8 TURN L, SWEEP, CROSS, SIDE, 1/8 L, WALK BACK, COASTER STEP 1/4 TURN L**

|  |  |
| --- | --- |
| 1-2 | 1/8 turn R-step RF fwd, sweep LF in front of RF 07.30 |

|  |  |
| --- | --- |
| 3&4 | Cross LF over RF, Step RF to R side, 1/8 turn L-step LF back 06.00 |

|  |  |
| --- | --- |
| 5-6 | Step RF back, Step LF back |

|  |  |
| --- | --- |
| 7&8 | Step RF back, 1/4 turn L-step LF to L side, Cross RF over LF 03.00 |

**SIDE ROCK, BACK ROCK, 1/2 TURN R, 1/4 TURN R, CHASSE R**

|  |  |
| --- | --- |
| 1-2 | Rock LF to L side, Recover weight on RF |

|  |  |
| --- | --- |
| 3&4 | Rock LF back, Recover weight on RF, 1/2 turn R-step LF back 09.00 |

|  |  |
| --- | --- |
| 5-6 | 1/4 turn R-step RF to R side, Step LF next to RF 12.00 |

|  |  |
| --- | --- |
| 7&8 | Step RF to R side, Step LF next to RF, Step RF to R side |

**CROSS ROCK, CHASSE 1/4 TURN L, PIVOT 1/4 TURN L, KICK BALL STEP**

|  |  |
| --- | --- |
| 1-2 | Rock LF in front of RF, Recover weight on RF |

|  |  |
| --- | --- |
| 3&4 | Step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd 09.00 |

|  |  |
| --- | --- |
| 5-6 | Step RF fwd, 1/4 turn L-weight on LF 06.00 |

|  |  |
| --- | --- |
| 7&8 | Kick RF fwd, Step RF next to LF, Step LF fwd |

**NO TAGS NO RESTART**

**When you know the steps and listen to the music, its feels great!!**

**Dance With Esmeralda**

**Esmeralda v.d. Pol**

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