## Dopamine

Count: 64
Wall: 2
Level: Phrased Intermediate
Choreographer: Karianne Heimvik (NOR) - November 2018
Music: Dopamine - Clairmont \& Wonder The Boy

## Dance sequence: ABB, ABB, Tag A BB

## PART A:

A(1-8) Rockingchair, $1 / 4$ turn cross, Monterey $1 / 4$ turn $x 2$
1\&2\& rock fwd on $R$, recover weight on $L$, rock back on $R$, recover weight on $L$
$3 \& 4 \quad$ step fwd on $R$, make $1 / 4$ turn to left and recover weigt on $L$, cross $R$ over $L$
5,6 touch $L$ to left, make $1 / 4$ turn to left by bringing $L$ back in place and stepping on to it.
$7,8 \quad$ touch $R$ to right, make $1 / 4$ to right by bringing $R$ back in place and stepping on to it
A(9-16) Anchorstep (syncopated), $1 / 2$ turn $\times 2$, coasterstep, fwd step
$1,2 \& \quad$ step fwd on $L$ and make $1 / 4$ turn to right, step $R$ behind $L$, recover weight on $L$
$3,4,5 \quad$ make $1 / 4$ turn to left and step back on $R$, make $1 / 2$ turn to left stepping onto $L$, make $1 / 2$ turn to left stepping back on $R$
6\&7,8 step back on $L$, step $R$ next to $L$, step fwd on $L$, step fwd on $R$
(for styling do your $1 / 2$ turns with a pep in your step and straight legs)
A(17-24) rock step, shuffle back, rock step, shuffle $1 / 2$ turn
1,2 rock fwd on $L$ (pop your $R$ knee), recover weight on $R$ (pop your $L$ knee)
3\&4 step back on $L$, step $R$ next to $L$, step back on $L$
$5,6 \quad$ rock back on $R$, recover weight back to $L$
$7 \& 8 \quad$ make $1 / 4$ turn to left by stepping fwd on $R$, make $1 / 4$ turn to left by stepping $L$ next to $R$, step back on R

A(25-32) back sweep, back sweep, sailor $1 / 4$ turn, pivot $1 / 2$ turn, $1 / 2$ turn
1,2 sweep and step back on $L$, sweep and step back on $R$
3\&4 make $1 / 4$ turn to left as you sweep and step $L$ behind $R$, step $R$ to right, step $L$ in place
$5,6 \quad$ step fwd on $R$, make $1 / 2$ turn to left by stepping onto $L$
7\&8 step fwd on $R$, make $1 / 2$ turn to left by stepping onto $L$, step fwd on $R$
A(33-40) step fwd $x 2$
1,2,3,4 step fwd on $L$
5,6,7,8 step fwd on $R$
A(41-48) step fwd $L$, rock step, $1 / 2$ turn $\times 2$
1,2,3,4 step fwd on $L$
5,6 rock fwd on $R$, recover weight on $L$
7,8 make $1 / 2$ turn to right stepping onto $R$, make $1 / 2$ turn to right stepping back on $L$ (start sweeping R)
(for styling, feel free to use your arms on count 33 to 44)
PART B:
$B(49-56)$ sailor $1 / 4$ turn, walk, walk, $1 / 4$ turn cross, $1 / 4$ turn, $1 / 2$ turn
1\&2 make $1 / 4$ turn to right as you sweep and step $R$ behind $L$, step $L$ to left, step $R$ in place
3,4 step fwd on $L$, step fwd on $R$
5\&6 step fwd in $L$, make $1 / 4$ turn to right and recover weight to $R$, cross $L$ over $R$
$7,8 \quad$ make $1 / 4$ turn to left stepping back on $R$, make $1 / 2$ turn to left stepping onto $L$
$B(57-64)$ syncotaped rockstep, rock step, $1 / 2$ turn $\times 2$, staccatto steps

1,2\&
rock fwd on $R$, recover weight on $L$, step $R$ next to $L$
3,4 rock fwd on $L$, recover weight on $R$
$5,6 \quad$ make $1 / 2$ turn to left stepping onto $L$, make $1 / 2$ turn to left stepping back on $R$
7\&8 step $L$ to left, step $R$ in place, step $L$ in place, step $L$ in place
(while doing count 7\&8, keep on the ball of your feet and legs straight)

## Start dance again!

TAG: The 3rd time you dance A, there will be a tag after 30 counts.
The music will be different for the whole A this time, so it is easy to remember.
The tag comes after: back sweep, back sweep, sailor $1 / 4$ turn, pivot $1 / 2$ turn
Tag:
31,32 rock back on $R$, make a $1 / 2$ turn to right and recover weight to $L$
Remember to start sweeping $R$ to start part B

