

# Marlena

**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Frank Heelan (IRE) - July 2016

**Music:** Marlena - The Davitt Country Band



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**Sec 1: Walk, walk, side rock cross, side, back, sailor ¼ turn.**

- 1-2 Walk forward right, left.
- 3&4 Rock right to right, replace to left, cross right over left.
- 5-6 Step left to left, step back right.
- 7&8 Turn ¼ left, sweep left behind right, step right to right, left forward.

**Sec 2: Step lock, step lock step, rock recover, chasse ¼ turn.**

- 1-2 Step right forward, lock left behind.
- 3&4 Step right forward, lock left behind, right forward.
- 5-6 Rock left forward, recover to right.
- 7&8 Turn ¼ left stepping left to left, step right next to left, step left to side.

**Sec 3: Front, side, behind, side, cross, side rock, recover ¼ right, shuffle ½ turn right.**

- 1-2 Step right over left, step left to left.
- 3&4 Step right behind, left to left, step right over left.
- 5-6 Rock left to left, recover ¼ turn right.
- 7&8 Turn ¼ right, step left to left, step right together, turn ¼ right stepping back left.

**Sec 4: Rock recover, shuffle forward, rock recover, step back, ¼ step right, step left.**

- 1-2 Rock back right, recover to left.
- 3&4 Step right forward, left together, right forward.
- 5-6 Rock forward left, recover to right.
- 7&8 Step back left, turn ¼ right stepping right to right, step forward left.

**There is one Restart on wall 5. Dance the first 16 counts and Restart facing 6.00.**

**There is a quickstep tempo to the dance throughout: S S Q Q S.**

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