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| Lana |  |

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| **Compte:** | 32 | **Mur:** | 4 | **Niveau:** | Beginner | . |
| **Chorégraphe:** | Antoinette Claassens (NL) - March 2021 |
| **Musique:** | Lana (feat. Bandit) - The Professional DJ |
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**Intro: 32 counts, dance starts after singing on "O... b... Lana**

**Toe strut, step, pivot ½ turn R, toe strut, step, pivot ½ turn L**

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| 1 - 2 | RF step on toe fwd - put heel down |

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| 3 - 4 | LF step fwd - LF+RF turn ½ R |

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| --- | --- |
| 5 - 6 | LF step on toe fwd - put heel down |

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| --- | --- |
| 7 - 8 | RF step fwd - RF+LF turn ½ L |

**Kick-ball-step, step, hold (R + L)**

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| --- | --- |
| 1 & 2 | RF kick fwd, RF step on ball, LF step fwd |

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| --- | --- |
| 3 - 4 | RF step fwd - Hold |

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| --- | --- |
| 5 & 6 | LF kick fwd, LF step on ball, RF step fwd |

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| --- | --- |
| 7 - 8 | LF step fwd - Hold |

**Vine R, touch, vine L ¼ turn L, touch**

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| --- | --- |
| 1 - 2 | RF step R - LF cross behind |

|  |  |
| --- | --- |
| 3 - 4 | RF step R - LF touch beside |

|  |  |
| --- | --- |
| 5 - 6 | LF step L - RF cross behind |

|  |  |
| --- | --- |
| 7 - 8 | LF step fwd ¼ L - RF touch beside |

**Step fwd, touch, step back, touch, step back, touch, step fwd, touch**

|  |  |
| --- | --- |
| 1 - 2 | RF step fwd - LF touch beside |

|  |  |
| --- | --- |
| 3 - 4 | LF step back - RF touch beside |

|  |  |
| --- | --- |
| 5 - 6 | RF step back - LF touch beside |

|  |  |
| --- | --- |
| 7 - 8 | LF step fwd - RF touch beside |

**Start over again !**

**Last Update - 26 March 2021**