EZ Selow

Compte: 80 **Mur:** 1 **Niveau:** Phrased Beginner
Chorégraphe: Dewi Abri (INA) & Wenarika Josephine (INA) - March 2019
Musique: Selow - Via Vallen

Intro 16 counts , starts on vocal
Dance Sequence : A B tag1, A B tag2 , B B B B, A(16 counts), pose

PART A – 48 COUNTS
R FORWARD – JAZZ BOX
1 – 4 Step R fwd – cross L over R – step R back – step L to side
5 – 8 Step R fwd – cross L over R – step R back – step L to side

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1 – 4 Step R fwd – cross L over R – step R back – step L to side
5 – 8 Step R fwd – cross L over R – step R back – step L to side

HEEL TOE TOUCHES – SIDE CHASSE
1 – 2 R heel fwd – R toe beside L
3 & 4 Step R to side – L next to R – R to side
5 – 6 L heel fwd – L toe beside R
7 & 8 Step L to side – R next to L – L to side

HEEL TOE TOUCHES – SIDE CHASSE
1 – 2 R heel fwd – R toe beside L
3 & 4 Step R to side – L next to R – R to side
5 – 6 L heel fwd – L toe beside R
7 & 8 Step L to side – R next to L – L to side

R FWD – L KICK – L BACK – R TOUCH BACK
1 – 4 Step R fwd – L kick fwd – step L back – touch R back
5 – 8 Step R fwd – L kick fwd – step L back – touch R back

R FWD – L KICK – L BACK – R TOUCH BACK
1 – 4 Step R fwd – L kick fwd – step L back – touch R back
5 – 8 Step R fwd – L kick fwd – step L back – touch R back

PART B – 32 COUNTS
[1 - 16] : (hand movements while bounce both knees up & down)
1 – 2 right arm bend chest level, palm face down, do the waves
3 – 4 left arm bend chest level, palm face down, do the waves
5 – 6 right arm bend chest level, palm face down, do the waves
7 – 8 left arm bend chest level, palm face down, do the waves
9 – 10 raise both arms over head slightly to the left, move palms back & forth
11-12 swift both arms slightly to the right, move palms back & forth
13-14 open both arms , palms facing up
15-16 cross both arms to chest

[17-32] : repeat count 1 – 16

***Tag 1 (16 counts) :**
Walk forward – pivot ½ left – Out out In In
1 – 4 walk forward on R - L – R – pivot ½ left (6.00)

5 – 8 walk forward on R - L – R – pivot ½ left (12.00)
1 – 4 Step R fwd diag right – step L fwd diag left – step R to centre – step L beside R
5 – 8 Step R fwd diag right – step L fwd diag left – step R to centre – step L beside R

**Tag 2 (24 counts) , do tag 1 and add :
Walk forward – pivot ½ left
1 – 4 walk forward on R - L – R – pivot ½ left (6.00)
5 – 8 walk forward on R - L – R – pivot ½ left (12.00)

Enjoy the dance!!

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