# The Tampa Beat

Niveau: Improver

Chorégraphe: Jo Myers (UK) - January 2021

Musique: Love Not War (The Tampa Beat) - Jason Derulo & Nuka

### No Restarts or Tags

Compte: 32

# #16 count intro

# Sec 1: Hip Bumps Right x 2, Behind Side Cross, Hip Bumps Left x 2, Behind Side Forward

- 1-2 Keeping weight on the left, bump hips right twice.
- 3&4 Cross right behind left. Step left to left side. Cross right over left.
- 5-6 Bump hips left twice.
- Cross left behind left. Step right to right side. Step left forward towards right diagonal. (1:30) 7&8

### Sec 2: Walk Forward, Rock Forward, Recover, Lock Step Back, Rock Back, Recover, Walk Forward

- 1-2-3 Step right forward. Rock forward on left. Recover onto right.
- 4&5 Step left back. Lock step right across left. Step left back.
- 6-7 Rock back on right. Recover forward onto left.
- 8 Walk forward on right. (1:30)

# Sec 3: Walk Forward, Rock, Recover, Side 1/8, Weave, Cross Rock, Recover, Side, Hip Bumps Left x 2

- Walk forward on left. 1
- 2&3 Rock forward on right. Recover onto left. Step right to right side making 1/8 turn right. (3:00)
- 4&5& Cross left over right. Step right to right side. Step left behind right. Step right to right side.
- 6& Cross rock left over right. Recover onto right.
- 7-8 Bump hips left twice, taking weight onto left. (3:00)

### Sec 4: Right Sailor, Left Sailor, Right Sailor, Behind, Unwind Full Turn

- 1&2 Cross right behind left. Step left to left side. Step right to right side.
- 3&4 Cross left behind right. Step right to right side. Step left to left side.
- 5&6 Cross right behind left. Step left to left side. Step right to right side.
- 7-8 Step left behind right. Unwind full turn left. (3:00)

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