Compte: 64
Mur: 2
Niveau: Improver
Chorégraphe: Miske Findriani Paduli (INA) - July 2023
Musique: Land of 1000 dances (Workout Remix) - Wilson Pickett


## Starts on lyrics

Section 1: R Lindy Step - Side,Touch (L/R)
1\&2 Step $R$ to side, step $L$ together, step $R$ to side
3-4 Rock L back, recover on $R$
5-6 $\quad$ Step $L$ to side, touch $R$ beside $L$
7-8 $\quad$ Step $R$ to side, touch $L$ beside $R$
Section 2: L Lindy Step - Side, Touch (R/L)

| 182 | Step $L$ to side, step $R$ together, step $L$ to side |
| :--- | :--- |
| $3-4$ | Rock $R$ back, recover on $L$ |
| $5-6$ | Step $R$ to side, touch $L$ beside $R$ |
| $7-8$ | Step $L$ to side, touch $R$ beside $L$ |

Section 3: Forward Lock Shuffle - Turn 1/4R Chassè - Turn 1/4R Back Lock Shuffle - Back Rock
1\&2 Step $R$ forward, lock $L$ behind $R$ step $R$ forward
$3 \& 4$
Turn 1/4R step $L$ to side, close $R$ together, step $L$ to side
5\&6 Turn 1/4R step $R$ back, lock $L$ over $R$, step $R$ back
7-8 Step L back, recover on R (06:00)
Section 4: Forward Lock Shuffle - Turn 1/4L Chassè - Turn 1/4L Back Lock Shuffle - Back Rock
1\&2 Step $L$ forward, lock $R$ behind $L$, step $L$ forward
3\&4 Turn 1/4L step $R$ to side, close $L$ together, step $R$ to side
5\&6 Turn 1/4L step L back, lock $R$ over $L$, step $L$ back
7-8 Step R back, recover on L (12:00)
(** Restart here on Wall 4, facing 06.00 **)
Section 5: Out, Hold (R/L) - Sway RLRL

| $1-2$ | Step $R$ to $R$ (put $R$ hand on $R$ hip), hold |
| :--- | :--- |
| $3-4$ | Step $L$ to $L$ (put $L$ hand on $L$ hip), hold |
| $5-8$ | Sway R-L-R-L (weight on $L$ ) |

Section 6: Jazz Box - Turn $1 / 4$ R Monterey
1-4 Cross $R$ over $L$, step $L$ back, step $R$ to side, step $L$ forward
5-6 Touch $R$ to side, turn $1 / 4 R$ close $R$ together
7-8 Touch $L$ to side, close $L$ together (03:00)
Section 7: Jazz Box - Turn 1/4 R Monterey
1-4 Cross $R$ over $L$, step $L$ back, step $R$ to side, step $L$ forward
5-6 Touch $R$ to side, turn 1/4R close $R$ together
7-8 $\quad$ Touch $L$ to side, close $L$ together (06:00)
Section 8: Charleston Step (2x)
1-4 Step $R$ forward, kick $L$ forward, step $R$ back, step $L$ back, touch $R$ back
5-8 Step $R$ forward, kick $L$ forward, step $R$ back, step $L$ back, touch $R$ back
Happy Dancing \& Thank You
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