

LOTUS

Compte: 136

Mur: 1

Niveau: Phrased Advanced

Chorégraphe: GoWildWest Isabel (CH) - April 2025

Musique: Lotus - Ummet Ozcan



Phrased: Intro, A *, A, B, C, Tag, A, B, C, End

Explain: A* & A = Nightclub / B & C = normal Rhythm

Intro Indian God Move

(Spiritual Meaning: Connect with the Divine Energy)

It s a Native-Music Intro... so you dont hear any Rhythm... But he sings Ommmm. She sings Oaaaaoaaaa.

Then you know: Start with A*

- OHMM 1 Arms side up to the middle, look to the sun (Palms up)
- OHMM 2 OM2 Arms hold in this Position, only the Hands goes up (Palms up, you look like an Indian God)
- OHMM 3 turn slowly right fwd Hand down (right Handpalm down and Arms hold in Position)
- OHMM 4 turn slowly left fwd Hand down (left Handpalm down and Arms hold in Position), same Time right Hand up (right Handpalm up and Arms hold in Position)
- OHMM 5 weave with Arms
- (OAAO)
- OHMM 6 Hands hold your Heart

A * (ONCE)

S 1: Diamond Steps Back (Hands hold your Heart)

(Spiritual Meaning: Keep the Energy in your Heart)

- 1, 2+ RF step right diagonal back, LF close, RF close with a ¼ turn left
- 3, 4+ LF step diagonal fwd, RF close, LF close with a ¼ turn left
- 5, 6+ RF step right diagonal back, LF close, RF close with a ¼ turn left
- 7, 8+ LF step diagonal fwd, RF close, LF close with a little turn left to 12 :00

A (Nightclub)

S 2: 2x Nightclub Basic, Swipe with Turn & Cross, Side Rock Turn

(Spiritual Meaning: Open your Arms and let the Energy flow)

- 1, 2+ RF slide right, LF close, RF cross infront
- 3, 4+ LF slide left, RF close, LF cross infront
- 5, 6+ RF step right, LF swipe ½ turn left, LF step left, RF cross infront
- 7, 8+ LF step left, RF hold, turn ¼ right with weight on RF, LF step for

S 3: Rock Recover & Turn, Rock Recover & Turn, Weave & Side Rock

- 1, 2+ RF rock fwd, weight on LF, turn ½ right and RF step fwd
- 3, 4+ LF rock fwd, weight on RF, turn ½ left and LF step fwd
- 5, 6+ turn ¼ left and RF step right, LF cross behind, LF step right
- 7, 8+ LF cross infront, RF step right, weight on LF

S 4&5: REPEAT Section 2&3

Slide in Position

(Spiritual Meaning: Breathe and pause for a moment)

B (is the intro to C)

(Spiritual Meaning: Connect with your Power)

S 1: Hands Up

- 1-8 hands slowly up to the sky

S 2: Pray, Moving Head

- 1-4 falt your hands and sink down to your solarplexus
5-8 pray and move with your head to R and to L

S 3: Jazz Box, K-Step (with praying hands)

- 1, 2, 3, 4 RF cross infront, LF step back, RF close, LF step fwd
5, 6, 7, 8 RF step right diagonal fwd, LF touch, LF step left diagonal back, RF touch

S 4: V-Step, Hop, Hip (with praying hands)

- 1, 2, 3, 4 RF out fwd, LF out fwd, RF in, LF in
5, 6, 7, 8 hop fwd, hold, right Hip up, Hip down

C (is the Mainpart of the Dance)

(Spiritual Meaning: You are the Power, you are the Energy - let it happen)

S 1: Pop Back, Toe Strut & Heel Strut Mix

- 1, 2, 3, 4 RF cross infront, weight on LF, RF step back, hold
5+6 weight on LF, turn with knee pop $\frac{1}{4}$ right: weight on both toes and both heels up, both heels down
+7, 8 turn $\frac{1}{4}$ right with RF heel, RF toe, RF strut

(Light Version : Rockin Chair, Jazzboxturn)

- 1-4 RF rock fwd, RF rock back, weight on LF
5-8 Jazz box turn $\frac{1}{2}$ right, LF close

S 2: Hip, Hiproll, Flick Turn

- 1, 2, 3, 4 2x hip right, Hip left, Hip right
5, 6, 7 Hip left, Hip back, Hip right
8 RF flick & turn $\frac{1}{4}$ left

S 3: Vine Turn, Step Turn, Shuffle Diagonal

- 1, 2, 3, 4 RF right, LF cross behind, RF turn $\frac{1}{4}$ right, LF fwd
5, 6, 7+8 RF turn $\frac{1}{2}$ right, LF fwd, Diagonal right: RF fwd LF close, RF fwd

S 4: Lockstep, Touch, Step Turn, Back Rock

- 1, 2, 3, 4 LF left diagonal fwd, RF lock behind, LF left diagonal fwd, RF touch
5, 6, 7, 8 RF rock right with turn $\frac{1}{4}$ right, weight on LF, RF rock back, weight on LF

S 5: Knee Pop Turn, Heel Strut Turn

- 1, 2 RF fwd, turn on both toes $\frac{1}{4}$ left and pop (heel up and pop knee)
3, 4, 5 heel down, LF step $\frac{1}{4}$ turn left, RF heel fwd
6, 7, 8 turn $\frac{1}{2}$ left on your right heel, weight on RF

(Light Version : 2x step-turn-step and heel bounce turn)

S 6: Knee in, Knee out Knee in, Flick, Cross & Cross, Touch

- 1, 2, 3, 4 LF knee in, knee out, knee in, LF flick left out (Light Version : LF heel bounce)
5, 6, 7, 8 LF cross infront, RF right, LF cross infront, RF touch right

S 7: 2x Toe Strut Turn, Step Knee Pop Turn, Shuffle Back

- 1, 2, 3, 4 RF toe, RF strut, turn $\frac{1}{2}$ left: LF toe, LF strut
5+6 RF fwd, turn $\frac{1}{4}$ left with both heel up (knee pop)
6 turn $\frac{1}{4}$ left with heel down and sit on your right feet
7&8 LF back, RF close, LF back

(Light Version: 2x Toe Strut Turn, Step Turn on 2 Counts, Shuffle Back)

S 8: Back, Step, Turn, Hold, Sumo-Move (looks like a sumoringer)

- 1, 2 RF back, LF fwd
3, 4 turn $\frac{1}{4}$ left RF step right out, hold and falt your hands to pray

5, 6 go in down your body and move to right (still praying), weight on RF & body up
7, 8 go in down your body and move to left (still praying), weight on LF & body up

Tag Hold your Heart

(Spiritual Meaning: Connect again with the Divine Energy)

WAIT Arms infront up hold your Heart

WAIT You hear the Children laugh

WAIT You hear a Flute, Then you are ready to start with A

End

(Spiritual Meaning: Be grateful for who you are)

END Arms up and Face to the Sun

END Arms infront of your Heart with pray

And thank god, we did it!!

Last Update: 25 Apr 2025
