

Dance and Pause

Linus Backstrom

32 count, 4 wall, Novice Linedance

Music: Dance Pause by Panetoz

****Tag after wall 7****

Right Side Mambo, Left Side Mambo, Side, Together, Chasse Right

1 & 2 Rock RF out to side, Recover onto LF, Close RF next to LF
3 & 4 Rock LF out to side, Recover onto RF, Close LF next to RF
5, 6 Step RF out to side, Close LF next to RF
7 & 8 Step RF to side, Close LF next to RF, Step RF to side

Left Together and Hand Movement, Double Rock to Right Making ½ Turn Left

9, 10 Close LF next to RF, Flick Right forearm up twice with palm facing front (bouncing action)
11, 12 Fold arms, Hold
13, 14 ¼ turn Left rock RF to side (facing 9 o'clock), Recover onto LF
15, 16 ¼ turn Left rock RF to side (facing 6 o'clock), Recover onto LF

Samba Rock x2, Mambo Forward, Mambo Backward with Shimmy

17 & 18 Cross RF over LF, Rock LF out to side, Recover onto RF
19 & 20 Cross LF over RF, Rock RF out to side, Recover onto LF
21 & 22 Rock RF forward, Recover onto LF, Close RF next to LF
23 & 24 Rock LF backward, Recover onto RF, Close LF next to RF (shimmying shoulders)

Step to Right with Hook, Out, Out, Left Chasse with Knee Pops, Cross, Back ¼ Turn

& 25, 26 Step RF to Right side, Hook LF under right knee, Kick LF forward
& 27, 28 LF step out, RF step out, Hold
29 & 30 LF step to side (with knees popping outwards), RF close feet (knees together), LF step to side (with knees popping outwards)
31, 32 Cross RF over LF (starting ¼ turn to right), Step LF back (finishing ¼ turn right)

TAG:

Jump 4 times on the spot

Enjoy! 😊