



ISTAMBUL

Niveau	DEBUTANT
Chorégraphe	Amy Glass
Musique	« Istanbul by Milan & Phoenix
Description	4 Murs - 32 Temps
Intro	32 Temps aux paroles

1-8 OUT R, L, HIP ROLLS R, OUT L, R, HIP ROLLS L

1-2 R to R side, rolling hips out, L to L side, rolling hips out

3&4 R Hip roll x 2 clockwise, ending with weight on R

5-6 L to L side, rolling hips out, R to R side, rolling hips out

7-8 L Hip roll x 2 counter-clockwise, ending with weight on L

Styling : Instead of hip rolls, triple step R or L (for each respective set of hip rolls). Make sure to take small steps as those doing the hip rolls will not be moving much.

9-16 BOX STEP, BOX STEP $\frac{1}{4}$ R

1-2 Cross R over L, Step back L

3-4 Step side R, forward L

5-6 Cross R over L, step back L

7-8 $\frac{1}{4}$ R stepping side R, forward L

Styling : Shimmy during the second box

17-24 STEP, KICK, BACK, POINT X2

1-2 Walk R, Kick L forward

3-4 Back L, Point R back

5-6 Walk R, Kick L forward

7-8 Back L, Point R back

Restart : during wall 5

25-32 HEEL GRIND X3 (MOVING SLIGHTLY L), ROCK BACK

1-2 Grind R heel, in front of/slightly crossed over L, step side L

3-4 Grind R heel, in front of/slightly crossed over L, step side L

5-6 Grind R heel, in front of/slightly crossed over L, step side L

7-8 Rock back R, recover weight back on L

Restart : during wall 5

Dance the first 24 counts, hold for 4 counts and begin again.

This happens while facing the 3^{ème} wall