

Medina

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 64 counts. 2 walls

Level: Easy intermediate

Music: **You and I** by Medina. Track version is 4.15 mins. Download from iTunes

Intro: 8 counts from first beat (app. 4 seconds into track). Start with weight on L foot

Counts	Footwork	You face
1 – 8	R touch ball step X 2, step ½ L, walk R L	
1&2	Touch R slightly fw (1), step R a small step back (&), step fw on L (2)	12:00
3&4	Touch R slightly fw (3), step R a small step back (&), step fw on L (4)	12:00
5 – 6	Step fw on R (5), turn ½ L stepping onto L (6)	6:00
7 – 8	Walk fw on R (8), walk fw on L (7)	6:00
9 – 16	Step heel swivels X 2, step ½ L, step ¼ L	
1&2	Step slightly fw on R (1), swivel both heels to R side (&), return heels to centre – weight R (2)	6:00
3&4	Step slightly fw on L (3), swivel both heels to L side (&), return heels to centre – weight L (4)	6:00
5 – 6	Step fw on R (5), turn ½ L stepping onto L (6)	12:00
7 – 8	Step fw on R (7), turn ¼ L stepping onto L (8)	9:00
17 – 24	R samba step, L samba step, R jazz box with ½ R	
1&2	Cross R over L (1), rock L to L side (&), recover on R (2)	9:00
3&4	Cross L over R (3), rock R to R side (&), recover on L (4)	9:00
5 – 6	Cross R over L (5), turn ¼ R stepping back on L (6)	12:00
7 – 8	Turn ¼ R stepping fw on R (7), step L to L side (8)	3:00
25 – 32	R sailor, L sailor, cross R behind L, unwind ½ R, cross L over R, point R to R side	
1&2	Cross R behind L (1), step L to L side (&), step R a small step to R side (2)	12:00
3&4	Cross L behind R (3), step R to R side (&), step L a small step to L side (4)	12:00
5 – 6	Cross touch R behind L (5), unwind ½ R stepping onto R foot (6)	9:00
7 – 8	Cross L over R (7), point R to R side (8)	9:00
33 – 40	Diagonal extended R cross shuffle, diagonal extended L cross shuffle	
1&2&	Cross R over L (1), step L a small step diagonally fw (&), cross R over L (2), step L a small step diagonally fw (&) (<i>moving towards 7:30</i>)	7:30
3&4	Cross R over L (3), step L small step diagonally fw (&), cross R over L (4) (<i>moving towards 7:30</i>)	7:30
5&6&	Cross L over R (5), step R a small step diagonally fw (&), cross L over R (6), step R a small step diagonally fw (&) (<i>moving towards 10:30</i>)	10:30
7&8	Cross L over R (7), step R small step diagonally fw (&), cross L over R (8) (<i>moving towards 10:30</i>)	10:30
41 – 48	Side rock R, together, side rock L, sailor ¼ L, R kick ball touch	
1 – 2	Square up to 9:00 rocking R to R side (1), recover on L (2)	9:00
&3 – 4	Bring R next to L (&), rock L to L side (3), recover on R (4)	9:00
5&6	Cross L behind R (5), turn ¼ L stepping R a small step R (&), step fw on L (6)	6:00
7&8	Kick R fw (7), step R next to L (&), touch L next to R (8)	6:00
49 – 56	Fw L, touch together, back R, touch together, rock and pop X 2	
1 – 2	Step fw on L (1), touch R next to L (2)	6:00
3 – 4	Step back on R (3), touch L next to R (4)	6:00
5 – 6	Rock L fw popping R knee fw (5), recover on R popping L knee fw (6)	6:00
7 – 8	Rock L fw popping R knee fw (7), recover on R popping L knee fw (8)	6:00
57 – 64	L kick ball touch fw, R kick ball touch fw, L chasse, R back rock	
1&2	Kick L fw (1), step back on L (&), touch R slightly fw (2)	6:00
3&4	Kick R fw (3), step back on R (&), touch L slightly fw (4)	6:00
5&6	Step L to L side (5), bring R next to L (&), step L to L side (6)	6:00
7 – 8	Rock back on R (7), recover on L (8)	6:00
	Begin again!...	