



# ISTANBUL

Niveau : Debutant

Musique : "Istanbul (Not Constantinople) [Radio Edit]"

by Milan & Phoenix

Type : Danse en ligne

Chorégraphe : Amy Glass

**Intro : 32 temps – aux paroles**

## SECTION I 1 à 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 x2 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.**

## SECTION II 9 à 16 BOX STEP, BOX STEP ¼ 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 ¼ R Stepping Side R, Forward L

**Styling : Shimmy during the second box**

## SECTION III 17 à 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**

## SECTION IV 25 à 32 HEEL GRIND X 3 (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 3:00 wall

*Recommencez... s'oubliez*

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