

# Sei Nen

LINEDANCE.COM

**Count:** 24      **Wall:** 4      **Level:** Beginner

**Choreographer:** Mattia Collaro (Sept 2013)

**Music:** One Woman Man by Josh Turner [iTunes]

## Start dancing on lyrics

### SIDE SHUFFLE RIGHT, ROCK BACK, SIDE SHUFFLE LEFT, ROCK BACK

- 1&2      Shuffle right left right to the right side
- 3-4      Rock left back, recover to right
- 5&6      Shuffle left right left to the left side
- 7-8      Rock right back, recover to left

### GRAPEVINE RIGHT, GRAPEVINE LEFT TURN $\frac{1}{4}$ LEFT

- 1-2      Step right side, cross left behind
- 3-4      Step right side, brush left forward
- 5-6      Step left side, cross right behind
- 7-8      Step left side, brush right forward turn  $\frac{1}{4}$  left

### HEEL HEEL, STEP TOGETHER, HOP, HOP, SIDE ROCK

- 1-2      Step right heel forward, step left heel together
- 3-4      Step right back, step left together
- 5-6      Hop left back and touch right back, hop left back and touch right back
- 7-8      Rock right side, recover to left

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