

Melody

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) December 2018

Music: Melody / Lost Frequencies ft. James Blunt - iTunes

(16 count intro)

[S1] Toe-1/4R Heel, Coaster Step, Touch Fwd-Touch Side, 1/4L Coaster Step

- 1 2** Step forward with R toe (R knee in), Make a ¼ turn right step R heel forward with R heel (3:00)
- 3&4** Step R back, Step L next to R, Step R forward
- 5 6** Touch L forward, Touch L to side
- 7&8** Make a ¼ turn left step L back, Step R next to L, Step L forward (12:00)

[S2] 1/4L Hip Roll w/Hitch, Side Shuffle, Hip Roll w/Hitch, Side Shuffle

- 1 2** Make a ¼ turn left step R to side and roll your hips anticlockwise, Hitch R (9:00)
- 3&4** Step R to side, Step L next to R, Step R to side
- 5 6** Step L to side and roll your hips clockwise, Hitch L
- 7&8** Step L to side, Step R next to L, Step L to side

[S3] 1/2R Hinge Turn, Hold, Cross Kick-Out-Out, Cross Kick-Out-Out, Knee Push-Recover

- 1 2** Make a ½ turn right on ball of L foot and step R to side, Hold (3:00)
- 3&4** Kick L across R, Step L to side, Step R to side
- 5&6** Kick L across R, Step L to side, Step R to side
- 7 8** Step L together and push both knees forward (heels up), Recover (push back/both heels down)

[S4] Ball-Heel-Hold, &-1/4R Heel-&(1/4L)-1/4L Heel-&, Step-Pivot 1/2L-Ball-Heel-&-Heel

- &1 2** Step R back, Step L forward with heel, Hold
- &3&** Step L next to R, Make a ¼ turn right step R forward with heel (6:00), Make a ¼ turn left step R together (3:00)
- 4&** Make a ¼ turn left step L forward with heel (12:00), Step L next to R

5 6& Step R forward, Make a ½ turn left recover weight on L, Step R forward (6:00)

7&8 Step L forward with heel, Step L together, Step R forward with heel weight ends on L (6:00)

Repeat - No Tags or Restarts!!

Please feel free to contact me if you need any further information.

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(updated: 20/Nov/18)