

# Dopamine

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** Phrased Intermediate

**Choreographer:** Karianne Heimvik - November 2018

**Music:** Dopamine, Clairmont & Wonder The Boy

**Dance sequence: ABB, ABB, Tag A BB**

**PART A:**

**A(1-8) Rockingchair, ¼ turn cross, Monterey ¼ turn x2**

**1&2&:** rock fwd on R, recover weight on L, rock back on R, recover weight on L

**3&4:** step fwd on R, make ¼ turn to left and recover weight on L, cross R over L

**5,6:** touch L to left, make ¼ turn to left by bringing L back in place and stepping on to it.

**7,8:** touch R to right, make ¼ to right by bringing R back in place and stepping on to it

**A(9-16) Anchorstep (syncopated), ½ turn x 2, coasterstep, fwd step**

**1,2&:** step fwd on L and make ¼ turn to right, step R behind L, recover weight on L

**3,4,5:** make ¼ turn to left and step back on R, make ½ turn to left stepping onto L, make ½ turn to left stepping back on R

**6&7,8:** step back on L, step R next to L, step fwd on L, step fwd on R

**(for styling do your ½ turns with a pep in your step and straight legs)**

**A(17-24) rock step, shuffle back, rock step, shuffle ½ turn**

**1,2:** rock fwd on L (pop your R knee), recover weight on R (pop your L knee)

**3&4:** step back on L, step R next to L, step back on L

**5,6:** rock back on R, recover weight back to L

**7&8:** make ¼ turn to left by stepping fwd on R, make ¼ turn to left by stepping L next to R, step back on R

**A(25-32) back sweep, back sweep, sailor ¼ turn, pivot ½ turn, ½ turn**

**1,2: sweep and step back on L, sweep and step back on R**

**3&4: make  $\frac{1}{4}$  turn to left as you sweep and step L behind R, step R to right, step L in place**

**5,6: step fwd on R, make  $\frac{1}{2}$  turn to left by stepping onto L**

**7&8: step fwd on R, make  $\frac{1}{2}$  turn to left by stepping onto L, step fwd on R**

**A(33-40) step fwd x2**

**1,2,3,4: step fwd on L**

**5,6,7,8: step fwd on R**

**A(41-48) step fwd L, rock step,  $\frac{1}{2}$  turn x2**

**1,2,3,4: step fwd on L**

**5,6: rock fwd on R, recover weight on L**

**7,8: make  $\frac{1}{2}$  turn to right stepping onto R, make  $\frac{1}{2}$  turn to right stepping back on L (start sweeping R)**

**(for styling, feel free to use your arms on count 33 to 44)**

**PART B:**

**B(49-56) sailor  $\frac{1}{4}$  turn, walk, walk,  $\frac{1}{4}$  turn cross,  $\frac{1}{4}$  turn,  $\frac{1}{2}$  turn**

**1&2: make  $\frac{1}{4}$  turn to right as you sweep and step R behind L, step L to left, step R in place**

**3,4: step fwd on L, step fwd on R**

**5&6: step fwd in L, make  $\frac{1}{4}$  turn to right and recover weight to R, cross L over R**

**7,8: make  $\frac{1}{4}$  turn to left stepping back on R, make  $\frac{1}{2}$  turn to left stepping onto L**

**B(57-64) syncotaped rockstep, rock step,  $\frac{1}{2}$  turn x2, staccatto steps**

**1,2&: rock fwd on R, recover weight on L, step R next to L**

**3,4: rock fwd on L, recover weight on R**

**5,6: make  $\frac{1}{2}$  turn to left stepping onto L, make  $\frac{1}{2}$  turn to left stepping back on R**

**7&8: step L to left, step R in place, step L in place, step L in place**

**(while doing count 7&8, keep on the ball of your feet and legs straight)**

**Start dance again!**

**TAG: The 3rd time you dance A, there will be a tag after 30 counts.**

**The music will be different for the whole A this time, so it is easy to remember.**

**The tag comes after: back sweep, back sweep, sailor  $\frac{1}{4}$  turn, pivot  $\frac{1}{2}$  turn**

**Tag:**

**31,32: rock back on R, make a  $\frac{1}{2}$  turn to right and recover weight to L**

**Remember to start sweeping R to start part B**