

# Molecules

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Bracken Ellis , Jan. 2016

**Music:** Molecules by Disclosure (Album: Caracal (Deluxe)), iTunes (USA)

## **Intro: 32 counts**

### **[1-8] SIDE, SIT, SIDE ROCK CROSS, QUARTER, SIDE, WEAVE LEFT**

- 1,2** Step right to right side; Sit pushing hip to right while touching left to side with bent knee out
- 3&4** Rock left to left side; Replace on right in place; Step left across (in front of) right
- 5,6** Make quarter turn left (9:00) and step right back; Step left to left side
- 7&8** Step right across (in front of) left; Step left to left side; Step right behind left

### **[&9-16] SIDE, POINT, SHIFT, UP, MAMBO STEP, HALF, HALF, HALF JUMP**

- &1** Step left to left side; Point right to right side
- 2,3** Shift weight to right, bending knees and exaggerating shoulder shift; Stand up (weight right)
- 4&5** Step left forward; Step right in place; Step left next to right
- 6,7,8** Make half turn right (3:00) and step right forward; Make half turn right (3:00) and step left back; Make half turn right and jump feet together (weight right) (3:00)

### **[17-24] SYNCOPATED JAZZ, SIDE, SAILOR STEP, SAILOR 5/8**

- 1,2** Step left across; Step right back
- &3,4** Step left to left side; Step right across (in front of) left; Step left to left side
- 5&6** Step right behind left; Step left to left side; Step right to right side
- 7&8** Make quarter turn left and step left back; Make quarter turn left and step right slightly to right side; Make 1/8 turn left and step left forward (7:30)

### **[25-32] STRUT FORWARD 4X, JAZZ BOX CROSS**

- 1,2** Step forward on right (as you do so, close left to right popping left knee forward); Step forward on left (as you do so, close right to left popping right knee forward)
- 3,4** Step forward on right (as you do so, close left to right popping left knee forward); Step forward on left (as you do so, close right to left popping right knee forward)
- 5,6** Step right across (in front of) left; Make 1/8 turn right (9:00) and step left back

**7,8** Step right to right side; Step left across (in front of) right

**START OVER**

**TAG: after wall 8**

**1,2** Step right to right rolling hips back (left to right) over two counts

**3,4** Shift weight to left; Touch right next to left

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