

Pause.... Zumba

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Count: 80 **Wall:** 4 **Level:** Improver

Choreographer: Swee Tuan (Singapore) Oct 2012

Music: Pause (Zumba Mix) by Pitbull [CD: Pause (Zumba Mix) - Single]

Start after 32 counts - Dance rotates counter-clockwise

SECTION 1: Shoulder Moves, Pause (Pose) (12 o'clock)

1 - 4 Push both shoulders forward (2X)

5 - 8 Push both shoulders backward (2X)

9 - 12 Drop R shoulder down, bring it up, drop L shoulder down, bring it up

13-16 PAUSE (Pose and hold for 4 counts)

17-32 Repeat 1 to 16

SECTION 2: Side Step Side Touch with Arm Movements

33-36 Step R to right (raise both arms above head), step L next to R (lower both arms), step R to right (raise both arms above head), touch L next to R (lower both arms)

37-40 Repeat 33 to 36 starting with L and moving to left

41-44 Step R to right (punch both arms outward at waist level, fists closed), step L next to R (pull in both arms towards waist, fists closed), Step R to right (punch both arms outward at waist level, fists closed), touch L next to R (pull in both arms towards waist, fists closed)

45-48 Repeat 41 to 44 starting with L and moving left

Right Botafogo, Left Botafogo, ½ turn right, Forward Shuffle

49&50 Cross R over L, step ball of L to left, recover on R

51&52 Cross L over R, step ball of R to right, recover on L

53-54 Step forward on R, recover on L and ½ turning right

55&56 Shuffle forward R, L, R (6 o'clock)

Left Botafogo, Right Botafogo, ¾ turn left, Forward Shuffle

57&58 Cross L over R, step ball of R to right, recover on L

59&60 Cross R over L, step ball of L to left, recover on R

61-62 Step forward on L, recover on R and ¾ turning left

63&64 Shuffle forward L, R, L (9 o'clock)

SECTION 3 Cross, Side, Cross, Touch

65-68 Cross R over L, step L to left, cross R over L, touch L to left

69-72 Repeat 65 to 68 starting with L and moving to the right

Walk Back (4X) with Shoulder Shimmies, Pause (Pose)

73-76 Walk backward R, L, R, L (shimmy shoulders)

77-80 Pause (Pose and hold for 4 counts)

START THE DANCE AGAIN

TAG : At the end of Wall 2, you will be facing 6 o'clock.

Dance Section 1 and then ADD the 16-count TAG as follows:

1&2R side Mambo

3&4L side Mambo

5 -6 Step R to right, step L next to R

7&8 Cha cha to the right stepping R, L, R

9-16 Repeat 1 to 8 starting with L side Mambo

Then continue to dance Sections 2 & 3

ENDING : At the end of Wall 4 , you will be facing 12 O'clock.

Dance Section 3 twice