

# Panama

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**Count:** 80      **Wall:** 2      **Level:** Improver

**Choreographer:** Tina Chen Sue-Huei & Juilin Chen (November 2017)

**Music:** Panama by Matteo

**Start On Vocal (16 Counts) SOD: 80-32-80-64-64**

**\*\*2 Restarts:**

**Restart on wall-2 (start 6:00) dance until count 32 and restart the dance facing 12:00**

**Restart on wall-4 (start 6:00) dance until count 64 and restart the dance facing 9:00**

**The End on wall-5 (start 9:00) dance until count 64 facing 12:00 ending pose**

**S1. (Fwd Touch with Hips lifted & dropped): R-L, (Side Shuffle): R-L**

- 1&2**      Touch R Toes Fwd as lifting hips up(1), Drop hips down (&) Lift hips up (2)-keeping weight on LF
- 3&4**      Repeat 1&2
- 5&6**      Step RF To Right, Tog Step LF, Step RF To Right
- 7&8**      Step LF To Left, Tog Step RF, Step LF To Left

**S2.Stomp Stomp, Hip Bumps, R Side Shuffle, ¼ L Side Shuffle**

- 1-2**      Stomp RF To Right Side, Stomp LF To Left Side
- 3&4**      Bump hips To R-L-R
- 5&6**      Step RF To Right, Tog Step LF, Step RF To Right

**7&8¼ turn L Stepping LF To Left, Tog Step RF, Step LF To Left (9:00)**

**S3. Side-Tog, Heel Swivels, Fwd, Pivot ½ R, ½R, Tog**

- 1-2**      Big Step RF To Right Side, Drag &Tog Step On LF
- 3&4**      Twist Both Heels To Right, Left, Center
- 5-6**      Fwd Step On LF, Pivot ½ R Step On RF (3:00)

**7-8½ R Back Step On LF(9.00), Tog Step On RF**

**S4. Side-Tog, Heel Swivel, Fwd, Pivot ¼ L, Step R-L**

- 1-2 Big Step LF To Left Side, Drag & Tog Step On RF
- 3&4 Twist Both Heels To Right, Left, Center
- 5-6 Fwd Step On RF, Pivot  $\frac{1}{4}$  L weight onto LF. (6:00)
- 7-8 Tog Step On RF, Step LF Beside RF

**Restart here on wall-2 (start 6:00) dance until count 32 and Restart the dance facing 12:00**

**S5. Syncopated Side Rock, R Side Rock, Fwd, Pivot  $\frac{1}{2}$  L**

- 1-2& Side Rock On RF, Recover On LF, Step Tog On Ball Of RF
- 3-4& Side Rock On LF, Recover On RF, Step Tog On Ball Of LF
- 5-6 Side Rock On RF, Recover On LF
- 7-8 Fwd Step RF, Pivot  $\frac{1}{2}$  L Step On LF (12.00)

**S6. Repeat S5. Above (Ends Facing 6.00)**

**S7.(1/8 L Jazz Box) 2X**

- 1-4 Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF
- 5-8 Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF (3.00)

**S8.(Side Rock, Side Shuffle): R-L**

- 1-2 Side Rock On RF, Recover On LF
- 3&4 Step RF To Right, Tog Step LF, Step RF To Right
- 5-6 Side Rock On LF, Recover On RF
- 7&8 Step LF To Left, Tog Step RF, Step LF To Left

**\*\*Please refer To Video For Arm Movements**

**Restart here on wall-4 (start 6:00) dance until count 64 and restart the dance facing 12:00**

**S9.Walk, Walk, Fwd, Pivot  $\frac{1}{2}$  L, ,Walk Walk, Fwd, Pivot  $\frac{1}{4}$  L**

- 1-4 Walk Fwd On R, L, Fwd Step RF, Pivot  $\frac{1}{2}$  turn L weight Onto LF (9.00)
- 5-8 Walk Fwd On R, L, Step Fwd RF, Pivot  $\frac{1}{4}$  turn L weight Onto LF (6.00)

**S10.Out-Out, In-In, Fwd, Pivot  $\frac{1}{2}$  L, Back  $\frac{1}{2}$  L,Tog**

- 1-4 Diag Step Out On R-L, Back Tog Step On R-L

**5-8** Fwd Step On RF, Pivot ½ turn L Weight Onto LF (12.00), ½ turn L Back Step On RF, Tog Step LF. (6:00)

**Happy Dancing!**

**Contact:sh3385@gmail.com**

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