

# Dopamina

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**Count:** 56      **Wall:** 2      **Level:** Improver / Easy Intermediate

**Choreographer:** Martie Papendorf . South Africa. (Nov. 2011)

**Music:** Dopamina by Belinda [3.15 - 127 bpm]

**Start - On vocals, 16 beats after 1st heavy downbeat.**

**S1: Fwd, Together, Back, Lock, Back, Back, Recover, Fwd shuffle**

- 1,2      Step R fwd, Step L next to R,  
3&4      Step R back, Lock L across R, Step R back,  
5,6      Rock L back, Rock R fwd,  
7&8      Step L fwd, Close R to L, Step L fwd

**S2: Fwd, Pivot ½ left on R, Sailor ¼ turn, Side together x2,**

- 1,2      Step R fwd, Pivot ½ left on R sweeping L from front to back, 6.00  
3&4      Step L behind R making ¼ turn left, Step R to right side, Step L across R, 3.00

**Funky option for counts 5, 6, 7, 8 - Side together x2,**

- 5      Step R to right side on bent R knee and straightened L weight on both feet

**[toes pointing slightly to right],**

- 6      Step L next to R,  
7      Step R to right side on bent R knee and straightened L weight on both feet

**[toes pointing slightly to right ],**

- 8      Step L next to R,

**Optional arm styling for counts 5, 6, 7, 8 -**

- 5      Lift arms to shoulder height bending at elbows with R forearm pointing up and L pointing down  
6      Return arms to original position  
7      Lift arms to shoulder height bending at elbows with R forearm pointing up and L pointing down  
8      Return arms to original position]

### **Easier option for counts 5, 6, 7, 8- Vine to the right**

**5,6** Step R to right side, Cross L behind R,

**7,8** Step R to right side, Step L across R

### **S3: Rock fwd back, Triple turn ½ right, Rock L R, Sailor step**

**1,2** Rock R fwd, Recover L back,

**3&4** Step R back making ¼ turn right, Close L next to R, Step R fwd making ¼ turn right, 9.00

**5,6** Rock L to left, Rock R to right,

**7&8** Cross L behind R, Rock R to right, Recover L to left

### **S4: Cross, Side, Back, Step, Heel, Step, Fwd, Touch, Coaster step**

**1,2** Step R across L, Step L to left side,

**3&4** Step R back, Step L next to R, Touch R heel fwd to right diagonal, 9.00

**&5,6** Step R next to L, Step L fwd, Touch R to L,

**7&8** Step R back, Close L to R, Step R fwd

### **S5: Fwd, Scuff, Fwd shuffle, Step, Pivot ¾ right, Fwd shuffle**

**1,2** Step L fwd, Scuff R fwd,

**3&4** Step R to fwd, Close L to R, Step R fwd,

**5,6** Step L fwd, Pivot ¾ right [weight to R], 6.00

**7&8** Step L fwd, Close R to L, Step L fwd

### **S6: Fwd, Lock, Fwd, Lock, Fwd, Rock fwd back, Run back L, R, L**

**1,2** Step R fwd, Lock L behind R,

**3&4** Step R fwd, Lock L behind R, Step R fwd,

**5,6** Rock L fwd, Recover R back,

**7&8** Run back L, R, L

### **Restart here during wall 2 - facing 12.00**

### **Restart here adding 8 count Tag during wall 5 - facing 6.00**

### **S7: Rock R L, Cross shuffle, Rock L R, Fwd shuffle**

**1,2** Rock R to right side [slightly back], Recover L to left side,

**3&4** Step R across L, Step L to left side, Step R across L, 6.00

**5,6** Rock L to left side, Recover R to right,

**7&8** Step L fwd, Close R next to L, Step L fwd

### **REPEAT**

**Restart - During wall 2**

**Restart - after count 7&8, Section 6 [Run back L, R, L] You will be facing 12.00.**

**Tag and restart - During wall 5**

**Add 8 count tag after count 7&8, Section 6 [Run back L, R, L]. You will be facing 6.00**

**1,2,3,4** Step R fwd [slightly out], HOLD, Step L fwd [slightly out], HOLD,

**5,6,7,8** Step R back, HOLD, Step L back, HOLD

**Ending- During wall 6 after count 7&8, Section 6 [Run back L, R, L]**

**You will be facing 6.00**

**Step R fwd, Turn ½ left stepping L fwd with attitude!**