

# Wave

Count: 88

Wall: 2

Level: Phrased Advanced

Choreographer: Esmeralda van de Pol (NL) - November 2019

Music: "Wave " by Meghan Trainor



**Intro : start on lyrics with part A**

**Sequence : AA en the rest of the dance part B**

**You will dance part A twice, this is just to start the dance before the real beat is coming in!!**

**A:**

**BASIC NC RIGHT, SIDE, BACK ROCK, FWD RUN, ROCK FWD, STEP BACK**

- 1-2& Step RF to R side, Step LF behind RF, Cross RF over LF
- 3-4& step LF to L side, Rock RF back, Recover weight on LF
- 5-6& Walk fwd R-L-R
- 7-8& Rock LF fwd, Recover weight on RF, Step LF back

**BACK SWEEP, BEHIND SIDE CROSS, SWEEP, CROSS, SIDE, BEHIND SWEEP, BACK ROCK, 1/2 TURN R, CHASSE R**

- 1-2& Step RF back-sweep LF behind RF, Step LF behind RF, Step RF to R side
- 3-4& Cross LF over RF-sweep RF in front of LF, Cross RF over LF, Step LF to L side
- 5-6& Step RF back, Rock LF back, recover weight on RF ,
- 7-8&1 1/2 turn R-step LF back, Step RF to R side, Step LF next to RF, Step RF to R side

**CROSS ROCK SIDE, BACK ROCK , STEP FWD, STEP FWD 1/2 TURN R, STEP FWD, POINT - TOUCH**

- 2& Rock LF in front of RF, Recover weight on RF
- 3-4& Step LF to L side, Rock RF back, Recover weight on LF
- 5-6& Step RF fwd, Step LF fwd, 1/2 turn R-weight on RF
- 7-8& Step LF fwd, Point RF to R side, Touch RF next to LF

**Note, when you dance part A the second time, dance up till count 7 of section 3 and start B**

**B**

**KICK & POINT & POINT & KICK & TOUCH & KICK , BACK, TOUCH**

- 1&2& Kick RF fwd, Step RF next to LF, Point LF to L side, Step LF next to RF
- 3&4& Point RF to R side, Step RF next to LF, Kick LF fwd, Step LF next to RF
- 5&6 Touch RF next to LF, Step RF next to LF, Kick LF fwd
- 7-8 Step LF back, Touch RF in front of LF

**DOROTHY STEPS R & L, FWD ROCK & PIVOT 1/2 TURN R**

- 1-2& Step RF diagonal fwd, Step LF behind RF, Step RF diagonal fwd
- 3-4& Step LF diagonal fwd, Step RF behind LF, Step LF diagonal fwd
- 5-6& Rock RF fwd, Recover weigh on LF, Step RF next to LF
- 7-8 Step LF fwd, 1/2 turn R-weight on RF 06.00

**SIDE, DRAG, 1/2 TURN R SIDE ROCK, BEHIND, 1/4 TURN L, SWEEP, CROSS SAMBA**

- 1-2 Step LF to L side, Drag RF next to LF
- 3&4 1/2 turn R- rock RF to R side, Recover weight on LF, Step RF behind LF 12.00
- 5-6 1/4 turn L-step LF fwd, Sweep RF in front of LF 09.00
- 7&8 Cross RF in front of LF, Rock LF to L side, Recover weight RF

**STEP FWD, HITCH, COASTER STEP, STEP 1/2 TURN R, KICK BALL CHANGE**

- 1-2 Step LF fwd, Hitch R knee up
- 3&4 Step RF back, Step LF next to LF, Step RF fwd

5-6 Step LF fwd, 1/2 turn R weights stays on LF ! 03.00  
7&8 Kick RF fwd, Step RF next to LF, Step LF next to RF

**SIDE, HOLD, COASTER CROSS, SIDE, 1/2 TURN L, CHASSE L**

1-2 Step RF to R side, Hold  
3&4 Step LF behind RF, Step RF to R side, Cross LF over RF  
5-6 1/4 turn L-step RF back, sweep LF 1/4 turn L-weight is on RF 09.00  
7&8 Step LF to L side, Step RF next to LF, Step LF to L side

**1/8 TURN L, SWEEP, CROSS, SIDE, 1/8 L, WALK BACK, COASTER STEP 1/4 TURN L**

1-2 1/8 turn R-step RF fwd, sweep LF in front of RF 07.30  
3&4 Cross LF over RF, Step RF to R side, 1/8 turn L-step LF back 06.00  
5-6 Step RF back, Step LF back  
7&8 Step RF back, 1/4 turn L-step LF to L side, Cross RF over LF 03.00

**SIDE ROCK, BACK ROCK, 1/2 TURN R, 1/4 TURN R, CHASSE R**

1-2 Rock LF to L side, Recover weight on RF  
3&4 Rock LF back, Recover weight on RF, 1/2 turn R-step LF back 09.00  
5-6 1/4 turn R-step RF to R side, Step LF next to RF 12.00  
7&8 Step RF to R side, Step LF next to RF, Step RF to R side

**CROSS ROCK, CHASSE 1/4 TURN L, PIVOT 1/4 TURN L, KICK BALL STEP**

1-2 Rock LF in front of RF, Recover weight on RF  
3&4 Step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd 09.00  
5-6 Step RF fwd, 1/4 turn L-weight on LF 06.00  
7&8 Kick RF fwd, Step RF next to LF, Step LF fwd

**NO TAGS NO RESTART**

**When you know the steps and listen to the music, its feels great!!**

**Dance With Esmeralda**

**Esmeralda v.d. Pol**

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