

# Dance and Pause

Linus Backstrom

**32 count, 4 wall, Novice Linedance**

**Music: Dance Pause by Panetoz**

**\*\*Tag after wall 7\*\***

## **Right Side Mambo, Left Side Mambo, Side, Together, Chasse Right**

1 & 2 Rock RF out to side, Recover onto LF, Close RF next to LF  
3 & 4 Rock LF out to side, Recover onto RF, Close LF next to RF  
5, 6 Step RF out to side, Close LF next to RF  
7 & 8 Step RF to side, Close LF next to RF, Step RF to side

## **Left Together and Hand Movement, Double Rock to Right Making ½ Turn Left**

9, 10 Close LF next to RF, Flick Right forearm up twice with palm facing front (bouncing action)  
11, 12 Fold arms, Hold  
13, 14 ¼ turn Left rock RF to side (facing 9 o'clock), Recover onto LF  
15, 16 ¼ turn Left rock RF to side (facing 6 o'clock), Recover onto LF

## **Samba Rock x2, Mambo Forward, Mambo Backward with Shimmy**

17 & 18 Cross RF over LF, Rock LF out to side, Recover onto RF  
19 & 20 Cross LF over RF, Rock RF out to side, Recover onto LF  
21 & 22 Rock RF forward, Recover onto LF, Close RF next to LF  
23 & 24 Rock LF backward, Recover onto RF, Close LF next to RF (shimmying shoulders)

## **Step to Right with Hook, Out, Out, Left Chasse with Knee Pops, Cross, Back ¼ Turn**

& 25, 26 Step RF to Right side, Hook LF under right knee, Kick LF forward  
& 27, 28 LF step out, RF step out, Hold  
29 & 30 LF step to side (with knees popping outwards), RF close feet (knees together), LF step to side (with knees popping outwards)  
31, 32 Cross RF over LF (starting ¼ turn to right), Step LF back (finishing ¼ turn right)

### **TAG:**

Jump 4 times on the spot

Enjoy! ☺