



Approved by:



Humanised

4 WALL – 32 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 & 1 2 3 & 4 5 – 6 7 & 8	Hitch, Roll, Roll, Cross Rock, 1/4, Step, Pivot 1/2, 1/4 Rock, Cross Hitch left knee. Touch left toe to left while rolling left knee anticlockwise. Roll left knee anticlockwise and taking weight onto left. Cross rock right over left. Recover onto left. Turn 1/4 right stepping right forward. (3:00) Step left forward. Pivot 1/2 turn right. (9:00) Turn 1/4 right rocking left to left side. Recover onto right. Cross left over right. (12:00)	Hitch Roll Roll Cross Rock Quarter Step Pivot Quarter Rock Cross	On the spot Turning right
Section 2 & 1 – 2 3 – 4 5 & 6 7 & 8	1/4 Cross, Point, Cross, 1/4 Back, 1/4 Side, Sailor Step, Behind Side Cross Turn 1/4 right crossing right over left. Point left to left side. Cross left over right. (3:00) Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side. (9:00) Cross right behind left. Step left to left side. Step right to place. Cross left behind right. Step right to right side. Cross left over right.	Quarter Point Cross Quarter Quarter Right Sailor Behind Side Cross	Turning right Turning left On the spot Right
Section 3 & 1 – 2 3 & 4 5 – 6 Note 7 & 8 &	Side, Together, Cross, 1/4, 1/4, Cross, 1/8 Cross, 1/4 Back, Side Together x 2 Step right to right side angling body slightly to left. Step left beside right. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. (3:00) Cross left over right. Turning 1/8 right cross right over left. Turn 1/4 right stepping left back. (7:30) On the next few steps you will face 7:30 while moving sideways towards 10:30. Both knees bent, step ball of right to right and open knees. Keeping knees bent, step ball of left beside right as you close knees. Repeat counts 7 &.	Side Together Cross Quarter Quarter Cross Turn Turn Side Together	Right Left Turning right Right Turning right Right On the spot
Section 4 1 2 3 & 4 5 & 6 7 & 8	Skate 1/4, Skate 3/8, Forward Mambo, Back Mambo, Step, Pivot 1/4, Cross Turn 1/4 right skating right forward on right diagonal (to 10:30). Turn 3/8 left skating left forward, squaring up to 6:00. Rock forward on right. Rock back on left. Step right back. Rock back on left. Rock forward on right. Step left forward. Step right forward. Pivot 1/4 turn left. Cross right over left. (3:00)	Skate Skate Mambo Forward Mambo Back Step Pivot Cross	Turning right Turning left On the spot Turning left
Tag 1 – 2 3 – 4 5 – 6 7 & 8	16 count Tag Danced after Walls 1, 2 and 3 Side Cross, Out, Out, Side, Cross, Side Rock, Cross Step left to left side. Cross right over left. Step left to left side pushing hip to left. Step right to right pushing hip to right. Step left to left side. Cross right over left. Rock left to left side. Recover onto right. Cross left over right.	Side Cross Out Out Side Cross Side Rock Cross	Left On the spot Left Right
1 – 2 3 – 4 5 – 6 7 & 8	Side, Cross, Out, Out, Step, Pivot 1/2, Step, Pivot 1/2, Cross Step right to right side. Cross left over right. Step right to right side pushing hip to right. Step left to left pushing hip to left. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. Cross right over left.	Side Cross Out Out Step Pivot Step Pivot Cross	Right On the spot Turning left

Choreographed by: Scott Blevins and Jo Thompson Szymanski (US) November 2012

Choreographed to: 'Humanised (feat Bajka)' by Sola Rosa from CD Get It Together; download available from amazon.co.uk or iTunes

Tag: A 16-count Tag is danced after Walls 1, 2 and 3