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Dopamina
56 Count, 2 Wall, Improver
Choreographer: Martie Papendorf (South Africa)
Nov 2011
Choreographed to: Dopamina by Belinda (127 bpm)

## Start - On vocals, 16 beats after $1^{\text {st }}$ heavy downbeat.

1 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
2 Fwd, Pivot $1 / 2$ left on R, Sailor $1 / 4$ turn, Side together $\mathbf{x} 2$,
$1,2 \quad$ Step R fwd, Pivot $1 / 2$ left on R sweeping L from front to back, 6.00
$3 \& 4$ Step L behind R making $1 / 4$ turn left, Step R to right side, Step L across R, $\quad 3.00$ Funky option for counts 5, 6, 7, 8 - Side together x 2 ,
$5 \quad$ 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,
$7 \quad$ 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 -
$5 \quad$ Lift arms to shoulder height bending at elbows with $R$ forearm pointing up and $L$ pointing down
$6 \quad$ Return arms to original position
$7 \quad$ 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 Lacross R
3 Rock fwd back, Triple turn $1 \not 12$ right, Rock L R, Sailor step
1,2 Rock R fwd, Recover L back,
3\&4 Step R back making $1 / 4$ turn right, Close $L$ next to $R$, Step $R$ fwd making $1 / 4$ turn right,
5,6 Rock L to left, Rock R to right,
7\&8 Cross $L$ behind $R$, Rock $R$ to right, Recover $L$ to left
4 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
5 Fwd, Scuff, Fwd shuffle, Step, Pivot $3 / 4$ right, Fwd shuffle
1,2 Step L fwd, Scuff R fwd,
3\&4 Step R to fwd, Close L to R, Step R fwd,
$\begin{array}{lll}5,6 & \text { Step L fwd, Pivot } 3 / 4 \text { right [weight to R], } & 6.00\end{array}$
7\&8 Step L fwd, Close R to L, Step L fwd
6 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
7 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

## 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 $1 / 2$ left stepping $L$ fwd with attitude!

