

## Emotion

32 Count, 4 Wall, Improver, Cuban/Rumba  
Choreographer: Ron van Oerle (NL) May 2013  
Choreographed to: Emotion by Destiny's Child

Intro 16 Counts

Start position: Left Foot is Back, weight is on Left Foot (5th P)

**1-8 Hold (With Hip Action), Right Step Back, Together, Right Step Forward, Hold (With Hip Action), Left Step Forward, 1/2 Turn Left, 1/4 Turn Left**

1. Hold (Move your upper body backwards followed by your Left Hip)(5th P)
2. RF step Back (4th P)
3. LF step next to RF (1st P)
4. RF step Forward (5th P)
5. Hold (move your upper body forward so that your Right Hip will go forward)(5th P)
6. LF step Forward (5th P)
7. Make a 1/2 Turn Left on your LF and RF step Back (5th p)
8. Make a 1/4 Turn Left on your RF and LF step to the Left side (2nd P)

**9-16 Hold (With Hip Action) Right Rock Step Back, 1/4 Turn Left, Hold (With Hip Action), Left Cross Rock Step, Side Step left**

1. Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
2. RF Rock Back (5th P)
3. LF replace weight (5th P)
4. Make a 1/4 Turn Left on your LF and RF step to the Right (2nd p)
5. Hold (Move your upper body to the Right followed by your Right Hip)(2nd P)
6. Turn 1/8 Right on RF and LF Rock into Right Diagonal (5th P)
7. RF replace weight (5th P)
8. Turn 1/8 Left on RF and LF step to the Lefts Side (2nd P)

**Restart** here during Wall 8.

**17-24 Hold (With Hip Action), Right Rock Step Back, 1/4 Turn Right, Hold (With Hip Action), Step Forward left, 3/4 Turn Right, Side Step Left**

1. Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
2. RF Rock Back (5th P)
3. LF replace weight (5th P)
4. Make a 1/4 Turn Right on your LF and RF step forward (5th P)
5. Hold (Move your upper body forward followed by your Right Hip (5th P)
6. LF step forward (5th P)
7. Make a 3/4 Turn Right on ball of LF and the replace weight on RF (2nd P Locked)
8. LF step to the Left Side (2nd P)

**Restart** here during Wall 4.

**25-32 Hold (With Hip Action), Right Rock Step Back, 1/4 Turn Left, Hold (With Hip Action), Walk Steps Back (L,R,L)**

1. Hold (Move your upper body to the Left followed by your Left Hip)(2nd P)
2. RF Rock Back (5th P)
3. LF replace weight (5th P)
4. Make a 1/4 Turn Left on your LF and RF step Back (5th P)
5. Hold (Move your upper body backwards followed by your Right Hip)(5th P)
6. LF step Back (5th P)
7. RF step Back (5th P)
8. LF step Back (5th P)

**There are two restarts** in this dance.

Restart are during Wall 4 after 24 counts and during wall 8 after 16 counts.

Please remember that during count 1 and 5 you always move your body and hips. You just don't make a step.

All steps are danced with follow through.