

Tina

32 Count, 4 Wall, Improver

Choreographer: Judith Kennedy (UK) Sept 2014

Choreographed to: T.I.N.A. by Fuse ft Angel
(Amazon.co.uk or iTunes)

Intro: (&)32 beats (Start after 'You're my ...')

1-8 CROSS, SIDE, SAILOR WITH ¼ TURN, WALK X 3, OUT, OUT

- 1-2 Cross right over left, step left to left
- 3&4 Step R behind L (&) Make 1/4 turn R stepping L to L, Step R to R (3)
- 5-6 Walk forward left, right
- 7&8 Walk forward left, step or jump R out to R, step or jump L out to L

9-16 ROCKING CHAIR; STEP RIGHT, CLOSE, RIGHT CLOSE RIGHT

- 1-2 Rock forward onto right, recover onto left
- 3-4 Rock back onto right, recover onto left
- 5-6 Step right to right, close left to right
- 7&8 Step right to right, close left to right; step right to right, close left to right, step right to right
 - *Styling option: For steps 5-8 employ Mambo hips*

17-24 ROCK, RECOVER, SHUFFLE, SHUFFLE, COASTER

- 1-2 Rock forward on left, recover onto right
- 3&4 Shuffle (L, R, L) half turn left, travelling forward (9)
- 5&6 Shuffle (R, L, R) half turn left, travelling back (3)
- 7&8 Step back onto left, step right beside left, step forward on left
 - *Easy option: for steps 3&4, 5&6 just do a left & right shuffle back*

25-32 CROSS, TOUCH OUT X 2, TOUCH, TOUCH, TOUCH, FLICK

- 1-2 Cross right over left; touch left out to left side
- 3-4 Cross left over right, touch right out to right side
 - *Styling option: Shimmy shoulders.*
- 5-6 Touch R toe fwd, slightly across front of left, touch R toe out to R
- 7-8 Touch R toe fwd, slightly across front of left, flick right back
 - *Styling option: Flick with **attitude**, rising onto ball of left foot, extending left arm & looking back right, if desired.*

Begin again & have a **great** time, love, Judith x

Thank you, Arthur for finding this fun music