

Beautiful Lana

32 Count, 4 Wall, Improver

Choreographer: Annemaree Sleeth (Aus) & Timothy To (Can)

March 2015

Choreographed to: Lana by Roy Orbison

Intro: 60 (Running in place for the last 4-8 counts of intro feels good)

½ CHARLESTON, LEFT COASTER, OUT-SIDE, OUT-SIDE, RIGHT COASTER

- 1-2 Touch right forward, step right back (swing arms)
- 3&4 Left coaster step
- 5-6 Step right side, step left side (roll hips outward)
- 7&8 Right coaster step

STEP LOCK, SHUFFLE, ½ TURN, SIDE ROCK CROSS

- 1-2 Step left forward, lock right behind
 - 3&4 Chassé forward left-right-left
 - 5-6 Step right forward, turn ½ left (weight to left) (6:00)
- Tag & Restart** here during wall 3 facing front
- 7&8 Rock right side, recover to left, cross right over

LEFT KICK BALL CROSS, ROCK RECOVER, LEFT JAZZ BOX, POINT

- 1&2 Left kick ball cross
 - 3-4 Rock left side, recover to right
 - 5-6 Cross left over, step right back
 - 7-8 Step left side, touch right side
- Option for 5-6-7: make the counts 5&6&7& and change the steps to toe-heel struts

TOUCH HEEL FORWARD, TOUCH TOES BACK (SWING ARMS), ¼ RIGHT, POINT, WALK 2, LEFT SHUFFLE FORWARD

- 1-2 Touch right heel forward, touch right back
- 3-4 Turn ¼ right and step right forward, touch left side (9:00)
- 5-6 Step left forward, step right forward
- 7&8 Chassé forward left-right-left

TAG & RESTART After count 14 of wall 3

Hips sways

- 1-4 Hip right, hip left, hip right, hip left
- Restart the dance at the beginning

ENDING After count 24 of wall 6

WALK FORWARD, RIGHT, LEFT, RIGHT POINT LEFT SIDE

- 1-4 Step right forward, step left forward, step right forward, touch left side
- Or

TOUCH HEEL FORWARD, TOUCH TOES BACK, & SHUFFLE FORWARD

- 1-2 Touch right heel forward, touch right back
- 3&4 Chassé forward right-left-right