



## Dopamine

Phrased, 64 Count, 2 Wall, Intermediate

Choreographer: Karianne Heimvik (Nor)

Choreographed to: Dopamine by Clairmont & Wonder The Boy

**Sequence** ABB, ABB, Tag A BB

### Part A

#### 1-8 **Rocking chair, ¼ turn cross, monterey ¼ turn x2**

1&2& Rock forward on R, recover weight on L, rock back on R, recover weight on L

3&4 Step forward on R, make ¼ turn to left and recover weight on L, cross R over L

5,6 Touch L to left, make ¼ turn to left by bringing L back in place and stepping on to it.

7,8 Touch R to right, make ¼ to right by bringing R back in place and stepping on to it

#### 9-16 **Anchor step (syncopated), ½ turn x 2, coaster step, forward step**

1,2& Step forward on L and make ¼ turn to right, step R behind L, recover weight on L

3,4,5 Make ¼ turn to left and step back on R, make ½ turn to left stepping onto L, make ½ turn to left stepping back on R

6&7,8 Step back on L, step R next to L, step forward on L, step forward on R

**Styling** do your ½ turns with a pep in your step and straight legs

#### 17-24 **Rock step, shuffle back, rock step, shuffle ½ turn**

1,2 Rock forward on L (pop your R knee), recover weight on R (pop your L knee)

3&4 Step back on L, step R next to L, step back on L

5,6 Rock back on R, recover weight back to L

7&8 Make ¼ turn to left by stepping forward on R, make ¼ turn to left by stepping L next to R, step back on R

#### 25-32 **Back sweep, back sweep, sailor ¼ turn, pivot ½ turn, ½ turn**

1,2 Sweep and step back on L, sweep and step back on R

3&4 Make ¼ turn to left as you sweep and step L behind R, step R to right, step L in place

5,6 Step forward on R, make ½ turn to left by stepping onto L

7&8 Step forward on R, make ½ turn to left by stepping onto L, step forward on R

#### 33-40 **Step forward x2**

1,2,3,4 Step forward on L

5,6,7,8 Step forward on R

#### 41-48 **Step forward L, rock step, ½ turn x2**

1,2,3,4 Step forward on L

5,6 Rock forward on R, recover weight on L

7,8 Make ½ turn to right stepping onto R, make ½ turn to right stepping back on L (start sweeping R)

**Styling** feel free to use your arms on count 33 to 44

### Part B

#### 49-56 **Sailor ¼ turn, walk, walk, ¼ turn cross, 1/4 turn, ½ turn**

1&2 Make ¼ turn to right as you sweep and step R behind L, step L to left, step R in place

3,4 Step forward on L, step forward on R

5&6 Step forward in L, make ¼ turn to right and recover weight to R, cross L over R

7,8 Make ¼ turn to left stepping back on R, make ½ turn to left stepping onto L

#### 57-64 **Syncopated rock step, rock step, ½ turn x2, staccatto steps**

1,2& Rock forward on R, recover weight on L, step R next to L

3,4 Rock forward on L, recover weight on R

5,6 Make ½ turn to left stepping onto L, make ½ turn to left stepping back on R

7&8 Step L to left, step R in place, step L in place, step L in place

**Styling** while doing count 7&8, keep on the ball of your feet and legs straight

### Start dance again

**Tag** The 3rd time you dance A, there will be a tag after 30 counts. The music will be different for the whole A this time, so it is easy to remember. The tag comes after: back sweep, back sweep, sailor ¼ turn, pivot ½ turn

31,32 Rock back on R, make a ½ turn to right and recover weight to L

Remember to start sweeping R to start part B