

Pollina Reggae (September 2022)
Choreographer : Ivonne Verhagen
& Guests Sejour Texas Side Step Sicilia
Type of dance : 4 wall line dance
Level : Beginner
Counts : 32
Intro: 16 counts

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Music : No Woman, No Cry
Artist : Yann Muller
BPM : 104
[Dancevideo](#)

SEC 1: Walk, Walk, shuffle, Rock step, shuffle ½ turn

1-2 Step right forward, step left forward
3&4 Step right forward, close left to right, step right forward
5-6 Rock left forward, recover weight on right
7&8 ¼ turn left & step left to the side,
close right to left, ¼ turn left & step left forward (6:00)

SEC 2: Side, together, side chasse, cross rock step, shuffle ¼ turn

1-2 Step right to the side, close left to right
3&4 Step right to the side, close left to right, step right to the side
5-6 Cross rock left over right, recover weight on right
7&8 Step left to the side, close right to left, ¼ turn left & step left forward (3:00)

SEC 3: Pivot ½ turn, Shuffle, Pivot ½ turn, Shuffle

1-2 Step right forward, ½ turn left & weight on left (9:00)
3&4 Step right forward, close left to right, step right forward
5-6 Step left forward, ½ turn right & weight on right (3:00)
7&8 Step left forward, close right to left, step left forward

SEC 4: Mambo forward, Mambo back, mambo side, Mambo side

1&2 Rock right forward, recover weight into left, step right back
3&4 Rock left back, step recover weight into right, step right forward
5&6 Rock right to the side, recover weight into left, close right to left
7&8 Rock left to the side, recover weight into right, close left to right

Choreographers: Ivonne Verhagen (ivonneverhagen70@gmail.com)
Remco Zwijgers / De Rosa Carmela / Anais Bruckmann / Marielle Hiller
Beatrice Gygax / Milena Negro / Josiane Denereaz / Rebecca Obrist / Sandra Jeanneret