

Pollina Reggae

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ivonne Verhagen (NL) & Guests Sejour Texas Side Step Sicilia - September 2022

Music: No Woman, No Cry - Yann Muller

Intro: 16 Counts (18 sec)

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 Gyax / Milena Negro /
Josiane Denereaz / Rebecca Obrist / Sandra Jeanneret