

# S.E.N.M.R.Y.L.A.R.

---

**Count:** 32

**Wall:** 4

**Level:**

**Choreographer:** Sebastiaan Holtland (NL), Erik van Mullem, Nicky Du Breuil, Mary Kalidien, Romina Busenius, Yoeri Chinakwie, Lieke Rijpkema, Anaifely Brion & Roy Hadisubroto (NL)

**Music:** We Be Burnin' - Sean Paul

---

## **OUT, WEIGHT CHANGE, OUT, TOGETHER, OUT, TOGETHER (SEBASTIAAN HOLTLAND)**

1 Step right to right side and pop both knees out  
& Pop both knees in  
2 Weight change to left side and pop both knees out  
& Pop both knees in  
3 Weight change to right side and pop both knees out  
& Step left next to right and pop both knees in  
4 Step right to right side and pop both knees out  
& Step left next to right

## **WALK AROUND (ERIK VAN MULLEM)**

5-8 Walk in a circle starting with right

## **HEEL, HOOK, HEEL, FLICK, HEEL, HITCH, TOGETHER (NICKY DU BREUIL)**

1 Right heel forward  
& Right hook in front of left  
2 Right heel forward  
& Right flick to right side  
3 Right heel forward  
& Right hitch  
4 Right next to left

## **JUMP OUT, BOUNCE (2X), JUMP TOGETHER, BOUNCE (2X) (MARY KALIDIEN)**

5 Jump both feet out and bounce

### **Both arms waving forward**

6 Bounce

### **Both arms waving forward**

7 Jump both feet together and bounce

### **Right arm in front of body and left arm stretched out**

8 Bounce

### **Both arms in same position**

## **KICK, STEP, ROCK STEP, ¼ TURN, KICK, STEP, ROCK STEP (ROMINA BUSSENIUS)**

1 Kick right forward  
& Right step forward  
2 Rock left to left side  
& Recover back on right  
3 Turn ¼ to the left and kick left forward  
& Left step forward  
4 Rock right to right side  
& Recover back on left

## **STEP, STEP, STEP, STEP (WITH SHAKE) (YOERI CHINAKWIE)**

5 Step right diagonally forward  
6 Step left diagonally forward  
7 Step right diagonally forward  
8 Step left diagonally forward

### **With both arms in front of chest and shaking body**

## **PADDLE TURN (WITH HIP ROLLS) (LIEKE RIJPKEMA)**

1 Step right forward  
& Turn ¼ to the left  
2 Step right forward  
& Turn ¼ to the left

- 3 Step right forward
- & Turn  $\frac{1}{4}$  to the left
- 4 Step right forward
- & Turn  $\frac{1}{4}$  to the left

**All with hip rolls**

**TOUCH, HIP PUSH, TOUCH, HIP PUSH (ANAIFELY BRION, ROY HADISUBROTO)**

- 5 Touch right diagonally to the right and push hip to the right

**Wipe right shoulder with left hand**

- 6 Step right next to left

- 7 Touch left diagonally to the left and push hip to the left

**Wipe left shoulder with right hand**

- & (Wipe right shoulder with left hand)

- 8 Step left next to right

**REPEAT**