



Track: Dalinda: Alex Mica

Track Link: <https://music.apple.com/gb/album/dalinda/659977570?i=659977583>

Here is Alex's choreography to Dalinda by Alex Mica. Please ensure you adapt the choreography to suit the level of your participants.

0:00	A	Step touch x2 arms swing up Stamp x4 Step touch x2 with arm roll Stamp x4	x4	64 counts
0:34	B	Break – 4 counts Bounce & tap x2 – side travel with arm swing	x8	64 counts
1:03	A	Step touch x2 arms swing up Stamp x4 Step touch x2 with arm roll Stamp x4	x2	32 counts
1:18	C	March & wrist roll up Side travel with flow arm x5	x2	32 counts
1:36	D	Bounce & tap x2 – side travel with arm swing	x4	32 counts
1:49	A	Step touch x2 arms swing up Stamp x4 Step touch x2 with arm roll Stamp x4	x2	32 counts
2:04	D	Heel digs 16 counts – arms push out 16 counts – arms wrist roll up 16 counts – chin 16 counts – arms circle down		64 counts
2:33		8 count break – sprint		8 counts
2:37	A	Step touch x2 arms swing up Stamp x4 Step touch x2 with arm roll Stamp x4	x2	32 counts
2:52	C	March & wrist roll up Side travel with flow arm x5	x2	32 counts
3:08	A	Step touch x2 arms swing up Stamp x4 Step touch x2 with arm roll Stamp x4	x4	64 counts



2:35	C	SSD Step touch with arm pull (add direction & sass)	x12	48 counts
3:06	A	Stamp & Rib Roll x2 Stamp with body roll x2 Shake it off x4	x1	16 counts
3:18	B	Hip Dig x1, weave up x2 with hip action	x8	32 counts