

My Cinnamon



Choreographed by Ryan Hunt (September 2025)

Choreographed to 'Cinnamon' by Tom Grennan (3:09)

Improver, 32 counts, 4 walls

Intro: 3 counts (after 2 seconds)

Side Touch, Side, Behind, Ball Cross, Side, Rock Back, Recover

1-2-3	Step R to R (1), Touch L next to R (2), Step L to L (3)
4&5	Cross R behind L (4), Step L to L (&), Cross R over L (5)
6-7-8	Step L to L (6), Cross Rock R behind L (7), Recover L (8)

Kick Ball Cross x2, Side Rock, Recover 1/4, Shuffle Forward

1&2	Kick R to R diagonal (1), Step R in place (&), Cross L over R (2)
3&4	Kick R to R diagonal (3), Step R in place (&), Cross L over R (4)
5-6	Rock R to R (5), Recover 1/4 L (6) [9:00]
7&8	Step R forward (7), Close L next to R (&), Step R forward (8)

Forward Rock, Recover, Coaster Step, Jazz Box 1/2

1-2	Rock L forward (1), Recover R (2)
3&4	Step L back (3), Close R next to L (&), Step L forward (4)
5-6	Cross R over L (5), Make 1/4 R stepping L back (6) [12:00]
7-8	Make 1/4 R stepping R to R (7) [3:00], Step L forward (8) (*)

Forward Diagonal, Close, Heel Twist R, L, Back Diagonal, Close, Heel Twist R, L

1-2	Step R forward to R diagonal (1), Close L next to R (2)
3-4	Twist both heels R (3), Twist both heels L and back to centre (4)
5-6	Step L back to L diagonal (5), Close R next to L (6)
7-8	Twist both heels R (7), Twist both heels L and back to centre (8)

Tag: Danced after 24 counts (*) of Wall 3 (9:00), 24 counts of Wall 7 (9:00), and 24 counts of Wall 10 (6:00).

Stomp Out, HOLD, Stomp Out, HOLD, Hip Bumps x4

1-2	Stomp R forward and slightly to R side (1), HOLD (2)
3-4	Stomp L forward and slightly to L side (3), HOLD (4) <i>Note: Feet should now be shoulder width apart.</i>
5-6-7-8	Bump hips R (5), L (6), R (7), L (8)

You will restart the dance from count 1 after each tag 😊!