|  |  |
| --- | --- |
| Guantanamera (關達娜美拉) (zh) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 48 | **墙数:** | 2 | **级数:** | Beginner | . |
| **编舞者:** | Nina Chen (TW) - 2016年07月 | | | | |
| **音乐:** | Guantanamera - CARAMEL | | | | |
| . | | | | | | |

**Intro: 32 counts**

**Sequence of dance : 48 32 / 48 32 / 48 32 / 48 48 / 32 32 32 24**

**S1. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE**

|  |  |
| --- | --- |
| 1-4 | Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up |

|  |  |
| --- | --- |
| 5-6,7&8 | Step LF to L - Step RF beside LF - 1/4 turn L (9:00) fwd shuffle (L R L) |

|  |  |
| --- | --- |
| 1-4 | 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁推提左臀 |

|  |  |
| --- | --- |
| 5-6,7&8 | 左足左踏 - 右足併踏左足旁 - 左轉1/4 (9:00) 前交換步(左 右 左) |

**S2. 1/4 TURN L SIDE - TOUCH - 1/4 TURN R BACK - TOUCH - 1/4 TURN - R SIDE - TOUCH - 1/4 TURN L FWD - TOUCH**

|  |  |
| --- | --- |
| 1-4 | 1/4 turn L (6:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn R (9:00) step LF back - Touch RF beside LF lifting right hip up |

|  |  |
| --- | --- |
| 5-8 | 1/4 turn R (12:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn L (9:00) step LF fwd - Touch RF beside LF lifting right hip up |

|  |  |
| --- | --- |
| 1-4 | 左轉1/4 (6:00)右足右踏 - 左足點收右足旁推提左臀 - 右轉1/4 (9:00) 左足後踏 - 右足點收左足旁推提右臀 |

|  |  |
| --- | --- |
| 5-8 | 右轉1/4 (12:00) 右足右踏 - 左足點收右足旁推提左臀 - 左轉1/4 (9:00) 左足前踏 - 右足點收左足旁推提右臀 |

**S3. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE**

|  |  |
| --- | --- |
| 1-4 | Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up |

|  |  |
| --- | --- |
| 5-6,7&8 | Step LF to L - Step RF beside LF - 1/4 turn L (6:00) fwd shuffle (L R L) |

|  |  |
| --- | --- |
| 1-4 | 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁推提左臀 |

|  |  |
| --- | --- |
| 5-6,7&8 | 左足左踏 - 右足併踏左足旁 - 左轉1/4 (6:00)前交換步(左 右 左) |

**S4. JAZZ BOX - SIDE - TOUCH - SIDE - TOUCH**

|  |  |
| --- | --- |
| 1-4 | Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF |

|  |  |
| --- | --- |
| 5-8 | Step RF to R - Touch LF beside RF lifting left hip up - Step LF to L - Touch RF beside LF lifting right hip up |

|  |  |
| --- | --- |
| 1-4 | 右足前跨 - 左足後踏 - 右足右踏 - 左足前跨 |

|  |  |
| --- | --- |
| 5-8 | 右足右踏 - 左足點於右足旁推提左臀 - 左足左踏 - 右足點收左足旁推提右臀 |

**S5. SIDE - BEHIND - SIDE - TOUCH - ROLLING FULL TURN L - TOUCH**

|  |  |
| --- | --- |
| 1-4 | Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF lifting left hip up |

|  |  |
| --- | --- |
| 5-8 | 1/4 turn L step LF fwd (3:00) - 1/2 turn L step RF to R (9:00) - 1/4 turn L step LF to L (6:00) - Touch RF beside LF lifting right hip up |

|  |  |
| --- | --- |
| 1-4 | 右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁推提左臀 |

|  |  |
| --- | --- |
| 5-8 | 左轉1/4 左足前踏 (3:00) - 左轉1/2 右足右踏 (9:00) - 左轉1/4 左足左踏 (6:00) - 右足點收左足旁推提右臀 |

**S6: WALK - WALK - WALK - TOUCH - BACK - BACK - BACK - TOUCH**

|  |  |
| --- | --- |
| 1-4 | Walk RF fwd - Walk LF fwd - Walk RF fwd - Touch LF fwd lifting left hip up |

|  |  |
| --- | --- |
| 5-8 | Step LF back - Step RF back - Step LF back - Touch RF beside LF lifting right hip up |

|  |  |
| --- | --- |
| 1-4 | 右足前踏 - 左足前踏 - 右足前踏 - 左足點於前方推提左臀 |

|  |  |
| --- | --- |
| 5-8 | 左足後踏 - 右足後踏 - 左足後踏 - 右足點收左足旁推提右臀 |

**Have Fun & Happy Dancing!**

**Contact Nina Chen: nina.teach.dance@gmail.com**