Guantanamera (關達娜美拉) (zh)

Compte: 48 **Mur:** 2 **Niveau:** Beginner
Chorégraphe: Nina Chen (TW) - 2016年07月
Musique: 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!

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