# Guantanamera (關達拉美拉) (zh)

**Compte:** 48 **Mur:** 4 **Niveau:** Intermediate
**Chorégraphe:** Kim Ray (UK) - 2008年10月
**Musique:** Guantanamera - Jody Bernal : (CD: Alle Hits)

前奏： 32 count intro 32拍後起跳

**第一段** **Left Lock, Left Lock Left, Sways & Touch**
**左鎖, 左鎖左, 推臀&點**

1-2 Step forward on left, lock step right behind left popping left knee forward 左足前踏, 右足於左足後鎖踏左膝前彈

3&4 Step forward on left, step right behind left, step forward on left 左足前踏, 右足於左足後踏, 左足前踏

5-6 Stepping forward on right (facing left diagonal) sway hips forward, sway hips back 右足前踏(面向左斜角線) 前推臀, 後推臀

7-8 Sway hips forward, touch left next to right 前推臀, 左足併點

**第二段** **Step Back, Cross Back Cross, Step Back Left, Step Back Right, Cross, Back Cross Back**
**後踏, 交叉後交叉, 左後踏, 右後踏, 交叉後交叉後**

1 Step back on left 左足後踏

2&3 Cross step right over left, step back on left, cross step right over left (counts 1-3 facing left diagonal)
右足於左足前交叉踏, 左足後踏, 右足於左足前交叉踏
(1-3拍面向左斜角線)

4 Step back on left (straightening up) 左足後踏(面向正前方)

5-6 Step back on right, cross step left over right
右足後踏, 左足於右足前交叉踏

7&8 Step back on right, cross left over right, step back on right (counts 5-8 facing right diagonal)
右足後踏, 左足於右足前交叉踏, 右足後踏 (5-8拍面向右斜角線)

**第三段** **Rock/Recover, Triple ½ Turn, ½ Turn & Step, Shuffle Forward, Step Forward 下沉回復, 小三步轉1/2, 轉1/2&踏, 前交換, 前踏**

1-2 下沉回復 Rock back on left, recover forward on right
左足後下沉, 右足前回復

3&4 小三步轉 Triple ½ turn right stepping left, right, left
小三步右轉180度-左, 右, 左

5 轉 ½ turn right stepping forward on right 右轉180度右足前踏

6&7 前交換 Shuffle forward to left diagonal stepping left, right, left
左斜角線前交換步-左, 右, 左

8 踏 Step forward and to right diagonal on right
右足向右斜角線前踏

**第四段** **Cross Rock/Recover, Chassis Left, Cross Rock/Recover, Chassis ¼ Right 交叉下沉回復, 左追步, 交叉下沉回復, 右追步轉1/4**

1-2 交叉下沉 Cross rock left over right, recover back on right
左足於右足前交叉下沉, 右足後回復

3&4 左chasse Step left to left side, step right next to left, step left to left side 左足左踏, 右足併踏, 左足左踏

5-6 交叉下沉 Cross rock right over left, recover back on left
右足於左足前交叉下沉, 左足後回復

7&8 右chasse 轉 Step right to right side, step left next to right, ¼ turn right stepping forward on right 右足右踏, 左足併踏, 右轉90度右足前踏

(Restart wall 3 facing 9 o/c) 第三面牆面向9點鐘時從頭起跳

**第五段** **Pivot ½ Turn Right, Triple ½ Turn Right, Step Back, ½ Turn Left, Pivot ½ Turn Left**
**踏右轉1/2, 小三步右轉1/2, 後踏, 左轉1/2, 踏左轉1/2**

1-2
踏轉
Step forward on left, ½ pivot turn right
左足前踏, 右轉180度

3&4
小三步轉
Triple ½ turn right stepping left, right, left
小三步右轉180度-左, 右, 左

5-6
後踏轉
Step back on right, ½ turn left stepping forward on left
右足後踏, 左轉180度左足前踏

7-8
前踏轉
Step forward on right, ½ pivot turn left
右足前踏, 左轉180度

**第六段** **Cross Rock/Recover, Full Turn & Half Turn Right, Coaster Step**
**交叉下沉回復, 右轉轉圈 &半圈, 海岸步**

1-2
交叉下沉
Cross rock right over left, recover back on left
右足於左足前交叉下沉, 左足後回復

3-4
90 180
¼ turn right stepping forward on right, ½ turn right stepping back on left 右轉90度右足前踏, 右轉180度左足後踏

5-6
180 90
½ turn right stepping forward on right, ¼ turn right stepping left to left side 右轉180度右足前踏, 右轉90度左足左踏

7&8
海岸步
Step back on right, step left next to right, step forward on right 右足後踏, 左足併踏, 右足前踏

TAG: To be danced at END of wall 4 facing back 加拍:結東時多跳四拍

**Mambo Forward, Mambo Back 前曼波, 後曼波**

1&2
前曼波
Rock forward on left, recover back on right, step back on left
左足前下沉, 右足後回復, 左足後踏

3&4
後曼波
Rock back on right, recover forward on left, step forward on right 右足後下沉, 左足前回復, 右足前踏

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