Eres Mi Nina (你是我的女孩) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Amy Yang (TW) - 2015年01月
Musique: Eres Mi Niña - Valentino

Intro : 32 counts

Sec . 1 CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, TOUCH

1 – 4	Cross RF over LF, Step LF to L, Cross RF behind LF, Sweep LF form out to back
5 – 8	Cross LF behind RF, Step RF to R, Cross LF over RF, Touch RF beside LF with hip bump
1 – 4	右足交叉左足前, 左足左踏, 右足交叉左足後, 左足後繞
5 – 8	左足交叉右足後, 右足右踏, 左足交叉右足前, 右足於左足旁併點及推臀

Sec . 2 ROCKING CHAIR, TOE STRUT(R&L)

1 – 4	Step RF forward, Recover onto LF, Step RF back, Recover onto LF
5 – 6	Touch RF toe forward with hip bump, Step RF heel down
7 – 8	Touch LF toe forward with hip bump, Step LF heel down
1 – 4	左足前踏, 重心回右足, 左足後踏, 重心回右足
5 – 8	右足尖前點及推臀, 右足腳跟踏下, 左足尖前點及推臀, 左足腳跟踏下

Sec . 3 FORWARD, 1/4 TURN L, CROSS, POINT, CROSS, POINT, BACK, RECOVER

1 – 4	Step LF forward, 1/4 turn L stepping on LF , Cross RF over LF, Point LF to L (09:00)
5 – 8	Cross LF over RF, Point RF to R, Step RF back, Recover onto LF
1 – 4	右足前踏, 左轉1/4左足踏, 右足交叉左足前, 左足側點(09:00)
5 – 8	左足交叉右足前, 右足側點, 右足後踏, 重心回左足

Sec. 4 PADDLE 1/4 TURN x2(Option:roll your hip counterclockwise in the turn), JAZZ BOX

1 – 4	Step RF forward, 1/4 turn L stepping on LF, Step RF forward, 1/4 turn L stepping on LF (03:00)
5 – 8	Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF
1 – 4	右足前踏, 左轉1/4左足踏, 右足前踏, 左轉1/4左足踏 (03:00)
5 – 8	右足交叉左足前, 左足後踏, 右足右踏, 左足交叉右足前

Sec. 5 STEP, BESIDE, FORWARD, TOUCH(R&L)

1 – 4	Step RF to R, Step LF beside RF, Step RF forward, Touch LF beside RF with hip bump
5 – 8	Step LF to L, Step RF beside LF, Step LF forward, Touch RF beside LF with hip bump
1 – 4	右足右踏, 左足併踏右足旁, 右足進踏 , 左足併點右足旁及推臀
5 – 8	左足左踏, 右足併踏左足旁, 左足進踏 , 右足併點左足旁及推臀

Sec . 6 ROCKING CHAIR, TOE STRUT(R&L)

1 – 4	Step RF forward, Recover onto LF, Step RF back, Recover onto LF
5 – 6	Touch RF toe forward with hip bump, Step RF heel down
7 – 8	Touch LF toe forward with hip bump, Step LF heel down
1 – 4	左足前踏, 重心回右足, 左足後踏, 重心回右足
5 – 8	右足尖前點及推臀, 右足腳跟踏下, 左足尖前點及推臀, 左足腳跟踏下

Sec . 7 FORWARD, RECOVER, TRIPLE 1/2 TURN R, 1/2 TURN R BACKWARD SHUFFLE, BACK, RECOVER

1 – 2, 3 & 4	Step RF forward, Recover onto LF, 1/4 turn R stepping on RF , Step LF beside RF, 1/4 turn R stepping forward on RF(09:00)
5 & 6, 7- 8	1/2 turn R stepping backward on LF, Step RF backward, Step LF backward, Step RF back, Recover onto LF(03:00)
1 – 2, 3 & 4	右足前踏, 重心回左足, 右轉1/4右足踏, 左足併踏右足旁, 右轉1/4右足前踏(09:00)

5 & 6, 7- 8　　左轉1/2左足退踏, 右足退踏 , 左足退踏, 右足後踏, 重心回左足(03:00)

Sec.8 WALK FORWARD (R, L, R), TOUCH, WALK BACKWARD (L, R, L), TOUCH

1 - 4　　Walk forward R, L, R, Touch LF beside RF with hip bump
5 - 8　　Walk backward L, R, L, Touch RF beside LF with hip bump s
1 - 4　　前進走步右足、左足、右足,左足併點右足旁
5 - 8　　後退走步左足、右足、左足, 右足併點左足旁

Tag/Restart : During wall 3, After 32 counts - Add 4 counts (facing 09 : 00)
加拍/重新開始 :第三牆跳完32拍,加跳4拍(面向09:00)
TOE STRUT(R&L)

1 – 2　　Touch RF toe forward and hip bumps, Step RF heel down
3 – 4　　Touch LF toe forward and hip bumps, Step LF heel down
1 – 2　　右足尖前點及推臀, 右足踏重心
3 – 4　　左足尖前點及推臀, 左足踏重心

Restart : During wall 6, After 32 counts(facing 06 : 00)
重新開始 :第六牆跳完32拍(面向06:00)

I dedicate this dance to Nina Chen.
Have Fun & Happy Dancing!
Contact Amy Yang:yang43999@gmail.com