

Adios

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Anne Herd (AUS) - May 2015
音乐: Adiós - Ricky Martin : (CD Single - English or Spanish Version - iTunes - 3:58)



Intro: Start on lyrics 32 beats in weight on L - CCW

S1: ROCK FORWARD, CHA CHA BACK, ROCK BACK, CHA CHA FORWARD

1-2-3&4 Rock forward on R, Recover to L, Cha cha back stepping RLR

5-6-7&8 Rock back On L, Recover to R, Cha Cha forward stepping LRL

(Styling: Use you hips on cha cha steps)

S2: WEAVE LEFT, POINT, WEAVE RIGHT, POINT

1-2-3-4 Cross R over L, Step L to side, Cross R behind L, Point L to side

5-6-7-8 Cross L over R, Step L to side, Cross L behind R, Point R to side

(Styling: Replace the point with a flick of the foot behind)

S3: 2 X ¼ PIVOTS, ROCKING CHAIR

1-2-3-4 Step forward on R, Pivot ¼ L, Step forward on R, Pivot ¼ L

5-6-7-8 Rock forward on R; recover to L, Rock back on R Recover to L

(Styling: Roll hips on pivots)

S4: CROSS SAMBA, POINT, JAZZ BOX ¼

1&2-3-4 Cross R over L, Step L to side, Step R to side, Cross L over R, Point R to side

5-6-7-8 Cross R over L, Turn ¼ R, Step back on L, Step R to side, Step forward on L

[32] - Begin again

RESTART: On wall 5 dance to count 24 (you will be facing 6:00) and restart dance from beginning.

NOTE: ☐ There are two versions of this song, English and Spanish. Both are the same length so feel free to use whichever one takes your fancy

ENDING: ☐ Dance finishes at 12:00 on count 32. Step forward on R and raise one arm up and one arm down ole!!!!

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