

拍数: 64 墙数: 0 级数: Phrased Improver - Bachata rhythm
编舞者: Angels Guix (ES) - July 2015
音乐: My All (Bachata Remix) - Mariah Carey



Dedicated to Rosa M^a Uñó

Sequence: □ A A B during whole song □ □

PART A - 48 COUNTS

A[1-8] Bachata basic right, bachata basic left

- 1-4 Step RF to right, cross LF over RF, step RF to right, hitch left knee
5-8 Step LF to left, cross RF over LF, step LF to left, kick RF forward

A[9-16] Bachata basic in place (Down, down, up), bachata basic in place to turn ¼ to right

- 1-4 Step RF in place with bent knees, step LF in place with bent knees, step RF in place
 straightening knees, hold
5-8 Step LF in place with bent knees, step RF in place with bent knees and ¼ turn right, step LF
 backward straightening knees, hold

A[17-24] Push forward twice, bachata basic forward

- 1-4 Step on ball of RF and push forward, recover on LF, push on ball of RF forward, recover on
 LF
5-8 Step RF forward, step LF forward, step RF forward, touch together

A[25-32] Bachata basic backward, steps back to prepare the turn

- 1-4 Step LF backward, step RF backward, step LF backward, touch together
5-8 Step RF backward, ¼ turn left and step LF to left, point toe of RF to the right, hold (with turn
 preparation)

A[33-40] Three step turn right, three step turn left

- 1-4 ¼ turn right and step RF forward, ½ turn right and step LF backward, ¼ turn right and step
 RF to right, hold
5-8 ¼ turn left and step LF forward, ½ turn left and step RF backward, ¼ turn left and step LF to
 left, hold

A[41-48] Sway in place R-L-R, ¼ turn left and step forward, together, step forward

- 1-4 Rock on RF in place, recover on LF, rock on RF in place, hold
5-8 ¼ turn left and step LF forward, step RF together, step LF forward, hold

PART B - 16 COUNTS

B[1-8] Push sideward twice, cross side x2

- 1-4 Step on ball of RF to right and push sideward, recover on LF, push on ball of RF sideward,
 recover on LF
5-8 Cross RF over LF, step LF to left, cross RF over LF, step LF to left

B[9-16] Jazz box, slow skates

- 1-4 Cross RF over LF, step LF backward, step RF to right, step LF forward
5-8 Let LF swivel in place to the right and step RF to right diagonal forward, hold, let RF swivel in
 place to the left and step LF to left diagonal forward, hold

Start again

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