Volveras

拍数: 32

级数: Easy Intermediate

编舞者: Rarayanti Marwan (INA) - May 2017

音乐: Volveras - Gloria Estefan

Intro : 32 counts! - Start dance with the right foot...

- [1 8] CFWD, HOLD, FWD, 1/8 L Turn, REC., HOLD, RL HIPSWAY
- 12 Step R forward, Hold
- 34 Step forward on L, 1/8 L Turn side on R (11.30)
- 56 Recover on L and sway, Hold
- 78 Sway hip R, Sway hip L

[9 - 16]□FWD, ½ R TURN SWIVEL, FWD, 1/8 L TURN, SIDE, HOLD, FWD, REC.

- 12 Step forward on R, swivel L together R
- 34 1/2 R Turn forward on L, 1/8 L Turn side on R (03.00)
- 56 Side on L and hipsway, Hold

*Restart here during wall 5 on count 6

Rock R fwd, Recover on L 78

[17 - 24]□SIDE. REC. CROSS. 5/8 L TURN. FWD. HOLD. ¾ R SPIRAL TURN. FWD

- Side on R, Recover on L 12
- Cross R over L, 5/8 L Pivot Turn step on L (07.30) 34
- 56 Step R fwd, Hold
- 78 Step Ball on L slightly across R make a 3/4 R Spiral Turn, Step forward on R (04.30)

[25 - 32]□FWD, SPIRAL, FWD, ¼ R TURN, ¼ R TURN, CROSS, ¼ L TURN, TOGETHER

- 12 Step Ball on L slightly across R, Make a 7/8 R Spiral Turn (03.00)
- 34 Step forward on R, ¼ R Turn step back on L (06.00)
- 56 1/4 R Turn side on R, Cross L over R (09.00)
- 78 1/4 L Turn step R backward, Step L together R (06.00)

Restart

• During wall 5 (facing 12.00), dance until count 12, and please watch out that along the 13 counts the tempo of the music is slowering down.

• Just dance according to the tempo of the music, and then change count 13 with ¼ L Turn step forward on L; then Restart wall 6, you'll be facing (12.00)

Ending wall 10

- Dance until 17 counts, according to the tempo of the music which is slowering down
- Change count 18 with 1/4 L Turn step L fwd
- Add 1 count (19) pose, step L fwd

Enjoy .. contact : rarayanti@yahoo.com / rrvigianti@gmail.com





墙数:2