El Arrepentido



拍数: 48 墙数: 2 级数: Intermediate Rumba style

编舞者: Gabi Ibáñez (ES) - March 2018

音乐: El Arrepentido - Melendi & Carlos Vives



Intro: 20 counts, with the voice

Counts walls: 1(48)-2(36)-3(20)-4(48)-5(36)-6(16)-7(32)-8(48+2)-9(36)-10(24)

[1-8] OUT, OUT (JUMPING), ROCK STEP, PADDLE 1/4 X2, RIGHT MAMBO STEP, LEFT MAMBO STEP

&1&2 Jumping forward RF to right, LF to left, Rock RF back, recover on LF

Step RF forward, ¼ turn left and step on LF, Step RF forward, ¼ turn left and step on LF (6h)

Rock RF to right, Recover on LF, Step RF together Rock LF to left, Recover on RF, Step LF together

[9-16] RIGHT DIAGONAL FWD LOCK SHUFFLE, LEFT DIAGONAL FWD LOCK SHUFFLE, JAZZBOX

Step RF forward in right diagonal, Cross LF behind RF, Step RF forward in right diagonal Step LF forward in left diagonal, Cross RF behind LF, Step LF forward in left diagonal

5-6 Cross RF over LF, Step LF back7-8 Step RF to right, Step LF forward

[17-24] FOWARD MAMBO, BACK MAMBO, STEP, ½ TURN, ½ TURN, BACK MAMBO

1&2 Rock RF forward, Recover on LF, Step RF back3&4 Rock LF back, Recover on RF, Step LF forward

Rock RF forward, ½ turn to left, turn ½ to left RF back (6h)

7&8 Rock LF back, Recover on RF, Step LF forward

[25-32] SUZY Q, SUZY Q, CROSS, TOE, TOE, ¼ TURN

1&2 Cross RF over LF, Step LF to left, Cross RF over LF3&4 Cross LF over RF, Step RF to right, Cross LF over RF

5-6 Cross RF over LF, Touch left toe to left

7-8 Touch left toe behind RF, ¼ turn to left LF forward (3h)

[33-40] 1/8 TURN, 1/4 TURN, 1/8 TURN, 1/4 TURN, DIAGONAL STEP, DIAGONAL STEP, SAILOR 1/2 RIGHT

1-2 1/8 turn to left RF forward, ¼ turn to left LF forward
3-4 1/8 turn to left RF forward, ¼ turn to left LF forward (6h)

5-6 Step RF forward in right diagonal, Step LF forward in right diagonal

7&8 Cross RF back turning ¼ to right, Step LF next to RF turning ¼ to right, Step RF forward

(1,30h)

[41-48] STEP DIAGONAL, STEP DIAGONAL, SAILOR 5/8 LEFT, SCUFF, OUT, OUT, IN, IN, CLAP

1-2 Step LF forward in right diagonal, Step RF forward in right diagonal

3&4 Cross LF venid RF turning ¼ to left, Step RF next to LF turning ¼ to left, Step LF forward

turning 1/8 to left (6h)

Scuff RF, Step RF to right, Step LF to left &7-8 Step RF to left, Step LF next to RF, Clap

START AGAIN

RESTARTS:

In wall 2 restart in count 36 (looking at 12h) In wall 3 restart in count 20 (looking at 6h) In wall 5 restart in count 36 (looking at 6h) In wall 6 restart in count 16 (looking at 12h)

In wall 7 modify the count 32, we do not do ¼ turn and we replace by STOMP LF next to RF and restart (looking at 6h)

In wall 8 there is a bridge between the counts 16 & 17 and we continue the dance, restart in count 36 (12h) In wall 9 restart in count 36 (looking at 6 h)

In wall 10 only dance until count 24 and add Step back LF, slide RF until LF (looking at 12h)

BRIDGE: in wall 8, we add 2 counts between the step 16 & 17, after we continue the dance. STOMP UP, CLAP

1-2 Stomp Up RF next to LF, Clap

Contact E-mail: ibaezmonroy@yahoo.es - tel: (0034) 646 34 88 48