Uno, Dos, Tres Calypso



拍数: 32 墙数: 4 级数: Beginner

编舞者: Pat Stott (UK) - April 2019

音乐: Calypso - Luis Fonsi & Stefflon Don: (Album: VIDA)



Commence after 24 counts (15 seconds)

Walks forward, close, Step to right and shimmy right or hip bumps, Transfer weight to left and shimmy left or hip bumps

1-4. 5 Walks forward (INLN). Close felt flext to flufft (obtional stillfilly shoulders as you walk forward	1-4. 3	walks forward ((RLR), close left next to right (optional shim	my shoulders as you walk forward
--	--------	---------------------	--	----------------------------------

5-6. Step right to right and shimmy shoulders to right (or bump hips to right twice)
7-8. Transfer weight to left and shimmy shoulders to left (or bump hips to left twice)

4 Walks back twisting toes out,

Step to right and shimmy right (or hip bumps), Transfer weight to left and shimmy left (or hip bumps)

1-2. Walk back on right twisting left toes to left, walk back on left twisting right toes to right
3-4. Walk back on right twisting left toes to left, walk back on left twisting right toes to right
5-6. Step right to right and shimmy shoulders (or bump hips to right twice)

7-8. Step right to right and shirming shoulders (or bump hips to left twice)

Right to right diagonal, - step, cross, step, hitch & clap, turn to left diagonal - step, cross, step hitch & clap (squaring up to 12 o'clock)

1-4. Towards right diagonal - Right to right, cross left over right, right to right, hitch left beside right

& clap turning to left diagonal

5-8. Towards left diagonal - Left to left, cross right over left, left to left, square up to 12 o'clock

hitch (or tap) right next to left & clap

(Alternative: replace vines with rolling vines)

3 paddles as you gradually turn 1/2 left, step on right, 3 paddles as you gradually turn 3/4 right, step down on left

1-4. With weight on left paddle right toe x3 to gradually turn 1/2 left, step down on right
5-8. With weight on right paddle left toe x3 gradually turning 3/4 right, close left to right

Ending-section 2

Dance 1-3 then change step 4: turn 1/2 left to face 12 o'clock stepping forward on left, step to right and continue with steps 5-8 (shimmy shoulders)

Have fun with the steps, if you are doing the hip bumps in sections 1 & 2 - shake your maracas!