Caminando Por La Vida

拍数: 32

级数: Improver

编舞者: Colin Ghys (BEL) - August 2019

音乐: Caminando por la Vida - Yano

Info: Start the dance after 24 seconds, on the first beat of guitar S.1 Step Right, Rock Back, Recover, Step ¼ L, Chase Turn L, Full Turn, Mambo Kick L RF. Step to right side - LF. Cross behind RF - RF. Recover weight - LF. 1/4 left step fwd (9:00) 1-2&3 4&5 RF. Step fwd – LF & RF. $\frac{1}{2}$ turn L – RF. Step fwd (3:00) 6-7 LF. ¹/₂ turn R step back - RF. ¹/₂ turn R step fwd (3:00) 8&1 LF. Rock fwd - RF. Recover weight - LF. Low kick fwd S.2 Step, Touch, Step Kick, Step Touch, Rumba Box, (Restarts*) &2 LF. Step back – RF. Touch Fwd RF (with knee creased) &3 RF. Step back - LF. Low kick fwd &4 LF. Step back – RF. Touch Fwd RF (with knee creased) 5&6 RF. Step to right - LF. Close beside RF - RF. Step fwd 7&8 LF. Step to left - RF. Close beside LF - LF. Step back RESTART here wall 3 (9:00) and wall 8 (12:00) S.3 Chasse Right, ¼ Chasse Left, ¼ Modified Jazz-box R with Shimmies RF. Step to R - LF. Close beside RF - RF. Step to R 1&2 LF. ¼ turn L Step to L - RF. Close beside LF - LF. Step to L (12:00) 3&4 5-8 RF. Cross over LF - LF. ¼ Turn R step back (3:00) - RF. Step to R - LF. Step Fwd S.4 Mambo Step, Mambo Step, Touch Back, ½ Turn Unwind R. Big Step Fwd. Touch 1&2 RF. Rock fwd - LF. Recover, RF. Step back LF. Rock back - RF. Recover, LF. Step fwd 3&4 5-6 RF. Touch back $-\frac{1}{2}$ Turn R unwind (take weight on R) 7-8 LF. Make a big step fwd - RF. Touch beside LF Restarts*: Wall 3 after 16 counts at 9 o'clock Wall 8 after 16 counts at 12 o'clock Ending of the dance: Wall 12, after 16 counts, facing 6 o'clock point RF back and make 1/2 to R to finish at 12 o'clock

Start Again and enjoy this dance :-)

More informations? super-colin@hotmail.com





墙数:4