Bacalao

级数: Improver

编舞者: Jennifer Jou (TW) - September 2019

音乐: Bacalao – Banane e lamponi

Intro:32 counts

*Restart:Wall 4 & wall 8 dance up to count 28 Sequence:32/32/32 /28/ 32/32/32 /28/ 32/32/32

Sec 1: FORWARD,ROCK FORWARD,RECOVER,1/2 L SHUFFLE,ROCK FORWARD,RECOVER,COASTER STEP

- 1 2 3 Step RF fwd,Rock LF fwd,recover on RF
- 4&5 1/4 L step LFto L,step RF beside LF,1/4 L step LF fwd
- 6 7 Rock RF fwd,recover on LF
- 8&1 Step RF back,step LF together,step RF fwd

Sec 2: SIDE, TOGETHER, CHASSE L, CROSS, RECOVER, 1/4 R SAILOR STEP

- 2 3 Step LF to L,step RF beside LF
- 4&5 Step LF to L step RF beside LF,step LF to L
- 6 7 Cross RF over LF, recover on LF
- 8&1 Step RF behind LF,1/4 R step LF to L,step RF slight fwd

Sec 3: CROSS,SIDE,BEHIND,SIDE,CROSS,MAMBO R,MAMBO L

- 2 3 Cross LF over RF,step RF to R
- 4&5 Cross LF behind F,step RF to R,cross LF over RF
- 6&7 Rock RF to R,recover on LF,step RF together
- 8&1 Rock LF to L,recover on RF,step LF together

Sec 4: BUMP R HIP FWD, BUMP L HIP FWD, PRESS R FORWARD, 1/2 L FLICK, LOCK STEP

2&3 Touch RF fwd and hip bump R-L-R

***Restart during wall 4 & wall 8 dance up to here then step LF beside RF on 4 count

- 4&5 Touch LF fwd and hip bump L-R-L
- 6 7 Press forward on the ball of RF,1/2 turn L flick RF behind LF
- 8&1 Step RF fwd,lock LF behind RF,step RF fwd

Contact:chou450819@yahoo.com.tw





拍数: 32

墙数: 4