

Se Te Nota

拍数: 32 墙数: 4 级数: Improver
编舞者: Andrico Yusran (INA) - October 2020
音乐: Se Te Nota (Remix SVA) - Lele Pons & Guaynaa



Intro Dance : 16 Counts
Main Dance : 32 Counts

NO Tag No Restart
Start Dance after intro music 32 counts

(INTRO DANCE)

i1# MAMBO FORWARD - BACK MAMBO - SIDE MAMBO (R-L)

1&2 Step L forward , R in place , L close beside R
3&4 R back , L close beside R , R close beside L
5&6 L side , R in place , L close beside R
7&8 R side , L in place , R close beside L

i2# LOCK SHUFFLE - MAMBO - BACK LOCK SHUFFLE - BACK ROCK

1&2 Step L forward , R lock behind L , L forward
3&4 R forward , L in place , R close beside L
5&6 L back , R cross back over L , L back
7-8 R back , L recover

(MAIN DANCE)

S1# SAMBA WISHK (R-L) - CROSS SAMBA 3/4 to L

1a2 Step R to side , L cross behind R , R tap in place
3a4 Step L to side , R cross behind L , L tap in place
5&6& Turn ¼ Right Step R forward , L lock behind R , R 1/4 turn to R , L lock behind R
7&8 Step R cross over L , L side , R cross over L (9.00)

S2# SIDE ROCK - BACK (sweep) - BACK (sweep) - SAILOR - CROSS SAMBA

1-2 Step L side , R recover
3-4 L back with R sweep back , L back with L sweep back
5&6 L cross behind L , R to side , L side
7&8 R cross over L , L ball side , R tap in place

S3# CROSS - SIDE - CROSS BEHIND - SIDE - CROSS - SIDE TOUCH - CROSS BEHIND - SIDE - CROSS - SWAY (L-R)

1-2&3 Step L cross over R , R side , L cross behind R , R side
&-4 L cross over R , R side touch (weight on L)
5&6 R cross behind L , L side , R cross over R
7-8 L side with hip to L , R hip to R

S4# JAZZ BOX - PIVOT 1/2 - PUSH HIP FORWARD - CLOSE

1-4 Step L cross over R , R back , L side , R forward
5-6 Step L forward 1/2 turn to R , R in place
7-8 L touched forward with Hip Push Forward , L close beside R

Contacts: ricoyusran@yahoo.com

Dancing with Your Heart ♥

