

Como duele el silencio

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate Bachata
编舞者: Christina Yang (KOR) - March 2021
音乐: Cómo Duele el Silencio - Leslie Grace



Start the dance after 32 counts

SECTION 1: SIDE BASIC, BACK MAMBO, 1/2 TURN TO L WITH DRAG AND TOE TOUCH

- 1-4 Step LF to side, closed RF next to LF, step LF to side, touch RF toe beside LF doing little hip bump(up and down)
5-8 Rock RF backward, recover on LF, step RF forward, turn 1/2 to L while doing drag LF to RF and touch LF toe beside RF

SECTION 2: FORWARD ROCK WITH HIP ROLLING, RECOVER, BACKWARD, TOE TOUCH, FORWARD, 1/2 TURN TO R WITH FOOT TOGETHER, 1/4 TURN TO R WITH SIDE, TOE TOUCH

- 1-4 Rock LF forward and rolling hip to counterclockwise(Body direction toward R diagonal and face toward front), recover on RF(Body direction toward front), step LF backward(Body direction toward L diagonal and face toward front), touch RF toe beside LF
5-8 Step RF forward, turn 1/2 to R and closed LF next to RF, turn 1/4 to R stepping RF side, touch LF toe beside RF

SECTION 3: (SIDE WITH HIP SWAY, TOUCH) X 2, HEEL TOUCH, TOE TOUCH, SIDE, SAILOR STEP

- 1-4 Step LF side doing sway hip to L, touch RF toe next to LF, step RF side doing sway hip to R, touch LF toe next to RF
5&6 Touch LF heel to L side, touch LF toe in front of RF, step LF to side
7&8 Cross RF behind LF, closed LF next to RF, step RF to R diagonal direction(face toward front)

SECTION 4: FORWARD, FULL TURN TO L, TOGETHER AND BENDING OF BOTH KNEES, 4 TIMES OF BACKWARD WALKS

- 1-4 Step LF forward, turn 1/2 to L and closed RF next to LF, turn 1/2 to L stepping LF forward, closed RF next to LF(stamping both foot hardly) by bending of both knees (weight on RF)
5-8 Step LF back slightly, step RF back slightly, step LF back slightly, step RF back slightly

NO TAG, NO RESTART

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