

Baila Pa Mi

拍数: 64 墙数: 1 级数: Phrased High Improver
编舞者: Jim PAVADÉ (FR) - September 2022
音乐: Baila Pa Mi - Lucenzo



Sequences: A - B - A - A - B - A - Tag (4 counts) - B

The dance starts with the body weight on the LF

Sequence A: 32 counts

[1 - 8]: Side - Together & Hips Roll x 2

1 2 RF to Side, LF closed to RF (12:00)
3 4 Hips roll clockwise
5 6 LF to Side, RF closed to LF
7 8 Hips roll counterclockwise

[9 - 16]: Cross Samba with ¼ Turn R, Cross Samba with ¼ Turn L, 3/8 Diamond with Hitch

1&2 Cross RF over LF, LF to side on ball with ¼ turn R, Recover on RF (03:00)
3&4 Cross LF over RF, RF to side on ball with ¼ turn L, Recover on LF (12:00)
5&6 Cross RF over LF, 1/8 turn R Stepping LF back, RF back, Hitch LF (01:30)
7&8 LF back, 1/8 turn R Stepping RF side, 1/8 turn R stepping LF forward (04:30)

[17 - 24]: Kick ball Point, Shuffle, Pivot ½ Turn L, Full Turn R

1&2 Kick RF Fwd, RF slightly Fwd with 1/8 turn R, Point LF to side (06:00)
3&4 LF forward, lock RF behind LF, LF forward
5&6 RF forward, pivot ½ turn L & Recover on LF, RF forward (12:00)
7&8 ½ turn R LF back, ½ turn R RF Fwd, LF forward (12:00)

[25 - 32]: Volta Full Turn R & L

1&2& Turn ¼ R Step R Fwd, Lock LF behind RF, Turn ¼ R Step R Fwd, Lock LF behind RF (06:00),
3&4 Turn ¼ R Step R Fwd, Lock LF behind RF, ¼ Turn R Step RF Fwd (12:00)
5&6& Turn ¼ L Step L Fwd, Lock RF behind LF, Turn ¼ L Step L Fwd, Lock RF behind LF (6:00)
7&8 Turn ¼ L Step L Fwd, Lock RF behind LF, ¼ Turn L Step LF Fwd (12:00)

Sequence B: the same 8 counts x 4 (12:00 -3:00-6:00-9:00)

[1 - 8]: Syncopated Vine with Hook, Samba Rolls with Body Rolls

1 2&3&4 RF to side, Cross LF over RF, RF to side, Cross LF behind RF, RF to side, Hook LF
5 6& ¼ Turn L LF Fwd, ½ turn L RF Back, Cross LF over RF (body leaning Fwd)
7&8 RF back, LF to side, Touch RF next to LF (raise the upper body on ½ roll)

Tag facing 12:00 :

[1 -4]: Down & Up

1 2 3 4 Maintain the previous position of the feet in Latin Cross (LF crossed over RF with weight)
Down by bending the knees during 2 counts, Up during 2 counts

Final : on the 8th beat of sequence B from the wall 09:00 to 12:00 finish head on the left side.

Enjoy !