



拍数: 32

编舞者: V. Allen L. Isidro (USA) - August 2023 音乐: Perfidia - Mantovani

墙数:1

级数: Tango-Rumba Rhythm



Note: Music & Motion series III are for seniors using cane but would like to try without it & go on a slow routine, at least during the length of the music. Caveat: Please have a chair on the side readily available if dancer needs to hold for stability.

Set 1 Forward walk on 2 count, walk on 2 count, step, together, side, hold (SSQQS)

- 1-2-3-4 Forward L - hold - forward R - hold
- 5-6-7-8 Forward L - side R - touch L next to R - hold

Set 2 Walk back, walk back, coaster, hold (SSQQS)

- 1-2-3-4 Back L- hold - back R - hold
- 5-6-7-8 Back L - together R - forward L - hold

Set 3 Crossing rock steps right and left (QQS-QQS)

- 1-2-3-4 Cross R - recover L - cross R - hold
- 5-6-7-8 Cross L - recover R - cross L - hold

Set 4 Cross, side, back, back, back, leaning back hold with "corte" arm-stretch

- 1-2-3-4 Cross R - side L - back R - hold
- 5-6-7-8 Back L - back R - lean back with forward L arm & R arm-stretch back-hold

START ALL OVER

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