

Asi Es La Vida

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Herman Baso (INA) - October 2023
音乐: ASI ES LA VIDA - Enrique Iglesias & Maria Becerra



Note: - Intro: 32C - No Tag No Restart

S1# SIDE – TOGETHER – SIDE – CLOSE TOUCH WITH HIP BUMP – ROCK FWD – STEP BACK WITH HOOK

1 – 4 step RF to side, close LF next to RF, step RF to side, close touch LF next to RF with Hip Bump
5, 6 rock LF fwd, recover on RF
7, 8 rock LF back, hook RF in front of LF

S2# ¼ JAZZ BOX – R WEAWE WITH SIDE TOUCH

1 – 4 cross RF over LF, ¼ turn R step LF back, step RF to side, step LF fwd
5, 6 step RF to side, cross LF behind RF
7, 8 step RF to side, touch LF to side

S3# L ROLLING VINE WITH BRUSH – R TOE STRUT – ½ TURN L TOE STRUT

1 – 4 ¼ turn L step LF fwd, ½ turn L step RF back, ¼ turn L step LF to side, brush RF fwd
5, 6 toe touch RF fwd, drop RF heel
7, 8 ½ turn L toe touch LF fwd, drop LF heel

S4# STEP FWD – CLOSE TOUCH – STEP BACK – CLOSE TOUCH – ½ PADDLE TURN

1 – 4 step RF fwd, close touch LF next to RF, step RF back, close touch LF next to RF
5, 6 step RF fwd, ¼ turn L with hip roll in transfer weight to LF
7, 8 step RF fwd, ¼ turn L with hip roll in transfer weight to LF

Repeat

“LET'S GET SWEATY, HEALTHY AND HAPPY”

Best Regards, Herman Baso

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