Si No Estás

拍数: 32

级数: Easy Intermediate

编舞者: Mike Liadouze (FR) - December 2023

音乐: Si No Estás - Iñigo Quintero

Introduction: 16 counts

Dedicated to my other half for finding the music <3

11-8] ROCK BACK, STEP LOCK STEP STEP, ROCK FWD, BALL STEP ½ TURN

- Rock step RF back, Recover on LF forward 1-2
- 3&4& Step RF forward, Lock LF behind RF, Step RF forward, Step LF forward
- Rock step RF forward, Recover on LF back 5-6
- &7-8 Step RF together, Step LF forward, ¹/₂ turn R... Step RF forward (6:00)

[9-16] ¼ BALL CROSS, SIDE, BEHIND, ROCK & BEHIND, ROCK & BEHIND SIDE CROSS IN ¼ CIRCLE

- &1-2 ¹/₄ turn R... Step LF side, Cross RF over LF, Step LF side (9:00)
- 3-4& Cross RF behind LF, Rock step LF side, Recover on RF side
- 5-6& Cross LF behind RF, Rock step RF side, Recover on LF side
- 1/% turn R... Cross RF behind LF, 1/% turn R... Step LF side, Cross RF over LF (12:00) 7&8

[17-24] HITCH, BIG STEP SIDE, SYNCHOPATED WEAVE, 1/4 TOGETHER, WALK, STEP LOCK STEP

- Hitch L knee, Big step LF side, Drag RF in &1-2
- 3&4 Cross RF behind LF, Step LF side, Cross RF over LF
- &5-6 Step LF side, ¹/₈ turn R... Step RF together, Step LF forward (1:30)
- 7&8 Step RF forward, Lock LF behind RF, Step RF forward

[25-32] ROCK FWD, ¾ TOGETHER, ROCK FWD, TOGETHER, STEP ½ TURN, STEP, LOCK STEP ½

- Rock step LF forward, Recover on RF back 1-2
- &3-4 % turn L... Step LF together, Rock step RF forward, Recover on LF back (9:00)
- &5-6 Step RF together, Step LF forward, ¹/₂ turn R... Step RF forward (3:00)
- Step LF forward angling body to R diagonal (4:30), ¼ turn R... Lock RF over LF, ¼ turn R... 7-8& Step LF back (9:00)

NO TAG NO RESTART HAVE FUN !!!





墙数:4