Nel Sole Nel Mare Cha

COPPER KNOB

拍数: 32

墙数:4

级数: Beginner

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音乐: Nel sole nel mare (Cha cha cha) - Antonella Nuti

NO TAG & NO RESTART

S1. DIAGONAL R. BACK - TOUCH, DIAGONAL L. FORWARD - TOUCH, TOUCH FORWARD - TOUCH SIDE, COASTER STEP

- 1234. Turn 1/2 R. Step RF diagonal R back, Touch LF beside RF, Turn 1/2 L. Step LF diagonal L forward, Touch RF beside LF
- 56. Turn 1/8R. Touch RF forward, Touch RF to R side
- 7&8. Step back on RF, Step LF beside RF, Step RF forward

S2. L. SIDE - TOGETHER, L. CHASSE, 1/2L. SIDE MAMBO, L. CHASSE

- 12. Step LF to L side, Step RF beside LF
- 3&4. Step LF to L side, Step RF beside LF, Step LF to L side
- 5&6. Turn ¹/₂L. Rock RF to R side, Recover on LF, Close RF beside LF

7&8. Step LF to L side, Step RF beside LF, Step LF to L side. (06.00)

S3. HEEL STRUT, ¼R. JAZZ BOX

- 1234. Touch RF heel forward, drop RF toe in place, Touch LF heel forward, drop LF toe in place 5678. Cross RF over LF, Turn ¼R. Step back LF on RF, Step RF to R side, Step LF forward
- (09.00)

S4. STEP DIAGONAL L. FORWARD SWAYING TO RLRL, %R. FORWARDSHUFFLE, 1/2R. BACK SHUFFLE

- 1234. Turn ¹/₈L. Step RF diagonal L forward swaying hips to RLRL (4times)
- 5&6. Turn ¾R. Step RF to R side, Step LF beside RF, Turn ¼R. Step RF slightly forward
- 7&8. Turn ¼R. Step LF to L side, Step RF beside LF, Turn ¼R. Step LF slightly backward (03.00)

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