Kapun

级数: Phrased Improver

编舞者: Cati Lladó (ES) - October 2024

音乐: Kapun - Diego Torres & Carlos Vives

Part A 32 counts, Part B 32 counts RESTART 16 counts in wall 3 (9:00), TAG after wall 5

Sequence: AB A' RESTART AB TAG AB AA'(16 counts)

Hoja redactada por Marita Torres

拍数: 64

BUMP LEFT AND RIGHT, CHASSE RIGHT ¼ TURN, ¼ TURN RIGHT, ½ TURN RIGHT

- 1-2-3-4 RF to right, bump left, weight to left, bump to right
- 5&6 RF to side right, LF next to LF, RF to side right ¼ right
- 7-8 1/4 turn right LF side left, ¹/₂ turn left RF side right (12:00)

BUMP RIGHT AND LEFT, CHASSE LEFT ¼ TURN, ¼ TURN LEFT, ½ TURN LEFT

- 1-2-3-4 LF to left, bump right, weight right, bump left
- 5&6 LF to left, RF next to RF, LF to left ¼ turn left
- 7-8 1/4 turn left RF side right, ¹/₂ turn left LF side left (12:00)

MAMBO FORWARD, MAMBO BACK, SUFFLE FORWARD WHIT FLICK X2

- RF forward, recover to LF, RF next to LF 1&2
- 3&4 LF back, recover to RF, LF next to RF
- 5&6 RF forward, LF next to RF, RF forward & flick LF
- 7&8 LF forward, RF next to LF, LF forward & flick RF

HEEL GRIND ROCK BACK X 2, STEPS BACK

- RF push heel on the ground and swivel toe right, recover to LF, RF back, LF next to RF 1&2&
- 3&4 RF push heel on the ground and swivel toe right, recover to LF, RF back
- 5&6&7 Small steps back: LF-RF-LF-RF-LF
- &8 RF side right, hold

PART B

SAMBA RIGHT AND LEFT, VOLTA RIGHT (FULL TURN RIGHT)

- RF side right, LF rock behind RF, recover to RF 1&2
- 3&4 LF side left, RF rock behind LF, recover to LF
- 5& RF forward ¼ right, LF next to RF
- 6& RF forward 1/4 right, LF next to RF
- 7& RF forward ¼ right, LF next to RF
- 8 RF forward 1/4 right (12:00)

SAMBA LEFT AND RIGHT, VOLTA LEFT (FULL TURN LEFT)

- 1&2 LF side left, RF rock behind LF, recover to LF
- 3&4 RF side left, LF rock behind RF, recover to RF
- 5& LF forward ¼ left, RF next to LF
- 6& LF forward ¼ left, RF next to RF
- 7& LF forward ¼ left, RF next to RF
- LF forward ¼ right (12:00) 8

HITCH X 2. COASTER STEP. STEP TURN STEP X 2

1&2 LF hitch, LF in place, LF hitch (In every hitch, bring your hands to your heart)





墙数:4

- 3&4 LF back, RF back, LF forward
- 5&6 RF forward, ½ turn left, RF forward
- 7&8 LF forward, ½ turn right, LF forward

HITCH X 2, COASTER STEP, WALKING ¾ TURN RIGHT

- 1&2 LF hitch, LF in place, LF hitch (In every hitch, bring your hands to your heart)
- 3&4 LF back, RF back, LF forward
- 5-6-7-8 Steps ³/₄ right RF-LF-RF-LF (9:00)

TAG AFTER PART B WALL 5 (6:00)

MAMBO RIGHT AND LEFT, PADEL FULL TURN LEFT

- 1&2 RF to side right, recover to LF, RF next to LF
- 3&4 LF to side left, recover to RF, LF next to RF
- 5&6&7&8 RF forward pushing ¼ turn left & recover to LF x 4 (6.00)(opening arms)

MAMBO LEFT AND RIGHT, PADEL FULL TURN RIGHT

- 1&2 LF to side left, recover to RF, LF next to RF
- 3&4 RF to side right, recover to LF, RF next to LF
- 5&6&7&8 LF forward pushing ¼ turn right & recover to RF x 4 (6:00)(opening arms)