

Si Ya

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Si Ya Se Acabó - Jennifer Lopez



SIDE, POINT SWEEP, LEFT LOCK FORWARD, ROCK STEP, SAILOR STEP

- 1-3 Step left to left, point right forward, sweep right to locked position behind left, weight on right
- 4&5 Locking shuffle forward, left-right-left
- 6-7 Rock right to right, replace on left
- 8&9 Cross right behind left, step left to left, step right to right

CROSS, STEP, CROSS-STEP-CROSS, POINT, SWEEP ¾ TO LOCKED POSITION, LOCK STEP FORWARD

- 10-11 Cross left over right, step right to right
- 12&13 Cross left over right, step right to right, cross left over right (keep shoulders square on facing starting wall)
- 14-15 Point right to right, sweep turning ¾ right bringing right to locked position behind left (weight on right)
- 16&17 Locking shuffle forward left-right-left

TOUCH & ROLL TWICE, ROCK STEP, RIGHT LOCK BACK

- 18&19 Touch right forward, drop hips down and body roll forward placing weight on right
- 20&21 Repeat as above leading with left foot
- 22-23 Rock right forward, replace weight on left
- 24&25 Locking shuffle backwards right-left-right

SWEEP QUARTER TURN PUSH, RIGHT LOCK FORWARD, STEP TURN (WEIGHT BACK), KICK TURN TOUCH

- 26-27 Sweep left foot behind right making quarter turn to left (26) push right knee forward (27)
- 28&29 Locking shuffle forward right-left-right
- 30-31 Step forward left, turn half right keeping weight on left foot
- 32&33 Kick right foot forward, turn half left stepping right down, touch left toes forward

STEP DRAG, SIDE, CROSSING TURN, CROSS STEP, STEP SLIDE, CHASSE QUARTER TURN POINT

- 34-35 Step left to left (big step), drag right towards left
- 36&37 Step right to right, cross left over right, turn half right (&), step right over left (now traveling left)
- 38-39 Step left to left (big step), drag right towards left
- 40&41 Chasse right stepping right-left-right, making quarter turn to left

On count 41 leaving left toes touching forward

STEP BACK LEFT WITH BODY ROLL, HIP BUMPS, ROLL ¼ TURN LEFT, ROLL ¼ LEFT, STEP FORWARD

- 42-43 Step left back, body roll back to sitting position with right toes pointing forward
- 44&45 Bump hips right-left-right
- 46-47 Snake roll to right while making ¼ turn left, snake roll left making ¼ turn left (weight ends on left)
- 48 Step right forward

REPEAT