Una Noche Mas



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Roz Morgan (USA)

音乐: If You Had My Love - Jennifer Lopez



RIGHT FORWARD, LEFT FORWARD, TOUCH RIGHT, STEP RIGHT, COASTER STEP, SHUFFLE FORWARD

1	Step forward on right foot
2	Step forward on left foot

Touch right toes next to left heelStep slightly back on right foot

5&6 Step back on left foot, step back on right foot, step slightly forward on left foot

7&8 Shuffle forward right, left, right

LEFT FORWARD, RIGHT FORWARD, TOUCH LEFT, STEP LEFT, COASTER STEP, SHUFFLE FORWARD

1	Step forward on left foot
2	Step forward on right foot
3	Touch left toes next to right heel
4	Step slightly back on left foot

5&6 Step back on right foot, step back on left foot, step slightly forward on right foot

7&8 Shuffle forward left, right, left

MODIFIED VINE, 1/4 TURN SHUFFLE, 1/2 TURN SHUFFLE, 1/2 TURN SHUFFLE

Step right on right foot
 Step left behind right foot

3&4 Make ¼ turn to right as you shuffle right, left, right
5&6 ½ turn to right as you shuffle left, right, left
7&8 ½ turn to right as you shuffle right, left, right

MODIFIED VINE, 1/4 TURN SHUFFLE, 1/2 TURN SHUFFLE, 1/2 TURN SHUFFLE

Step left on left foot
 Step right behind left foot

3&4
½ turn to left as you shuffle left, right, left
5&6
½ turn to left as you shuffle right, left, right
½ turn to left as you shuffle left, right, left

KICK, STEP, TOUCH, KICK, STEP, TOUCH, ROCK STEP, ½ TURN SHUFFLE

1&2 Kick right foot forward, step right foot next to left foot, touch left foot to left side Kick left foot forward, step left foot next to right foot, touch right foot to right side

5 Rock forward on right foot

6 Recover on left foot

7&8 ½ turn to right as you shuffle right, left, right

KICK, STEP, TOUCH, KICK, STEP, TOUCH, ROCK STEP, 1/4 TURN SHUFFLE

1&2 Kick left foot forward, step left foot next to right foot, touch right foot to right side Kick right foot forward, step right foot next to left foot, touch left foot to left side

Rock forward on left footRecover on right foot

7&8 ½ turn to left as you shuffle left, right, left