Fortissimo

15&16

&32



拍数: 64 墙数: 4 级数: Intermediate

编舞者: John Bailey (CAN) 音乐: Maria - Los Nachos



ROCK STEPS, COASTER STEPS, & ATTITUDE

1-2	Rock forward on right foot, step back on left
3&4	Right coaster step (step back with right foot, bring left beside right, step forward with right)
5-6	Hold position and turn head a ¼ turn left (may angle head down 45), clap hands
7&8	Turn head back to original position (12:00), clap hands twice
9-10	Rock forward with left foot, step back on right
11&12	Left coaster step (step back with left foot, bring right beside left, step forward with left foot)
13-14	Hold position and turn head a ¼ turn right (may angle head down 45), clap hands

HESITATED & SYNCOPATED EXTENDED WEAVE

17-18	Step right foot out to the right, hold for a count
&19	Bring left foot behind right, step right foot to the right
&20	Cross left foot over right, step right foot out to the right
21-22	Bring left foot behind right, hold for a count

Step right foot out to the right, cross left foot over right
Step right foot out to the right, bring left foot behind the right (left has weight)

HESITATED & SYNCOPATED WEAVE WITH FUNKY CHASSE		
25-26	Bring right foot down across left (or shift weight to right leg), hold for a count	
&27	Step left foot out to the left, bring right behind left	
&28	Step left foot out to the left, cross right over left	
29-30	Step left foot out to the left, hold	
&31	Bring right foot behind left, step left foot out the left	

Turn head back to original position (12:00), clap hands twice

BUMP HIPS, SHUFFLE, BUMP HIPS, TRIPLE STEP & TURN

33-34	Step forward with right and bump hips forward (right hip), bump hips back on the left
35&36	Shuffle forward right (right, left, right)
37-38	Bump hips back on left, bump forward on right
39&40	Triple step in place left, right, left making a ¼ turn left

Bring right foot behind left, step left foot out to the left (weight on left)

HEEL, TOE, SIDE, TOGETHER, SIDE, WITH TURN, BODY ROLL & BUMP, BUMP, BUMP!!

41&	Touch right heel forward, bring right back beside left
42&	Touch left toe out to left side, bring back beside left
43-44	Touch left toe out to the left, turn left toe a $\frac{1}{4}$ turn left

Weight still on right. This is the prep for the forward body roll

45-46	Forward body roll (when body roll is finished you have completed your ¼ turn left started on
	acust 44)

count 44)

Bump hips back on right, forward on left and back on right (weight is on left foot when body

roll is finished)

SHUFFLE, ROCK STEP, COASTER STEP, STOMP, STOMP

49&50	Shuffle forward left (left, right, left)
51-52	Rock forward with right foot, step back on left
53&54	Right coaster step

55-56 Stomp left foot twice

ROCK STEP, COASTER STEP, 1/4 TURN, & STOMP, STOMP, STOMP!!!

57-58 Rock forward on left foot, step back on right

59&60 Left coaster step

Step forward with right foot, pivot a ¼ turn left on the balls of both feet (weight will shift to left

foot

63&64 Stomp right foot three times

REPEAT