Camisa Negra



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音乐: La Camisa Negra - Juanes



Sequence: ABC, AAD, ABC, AA

PART A

BUMP (X6), MAMBO FORWARD, COASTER STEP

1&2	Bump right hip to right, bump left hip to left, bump right hip to right
3&4	Bump left hip to left, bump right hip to right, bump left hip to left

Rock right foot forward, recover the weight to left foot, right foot next to left foot

7&8 Step left foot back, right foot next to left foot, step left foot forward

SIDE ROCK, CROSS, SIDE ROCK, CROSS, STEP TURN ½ LEFT, STEP FORWARD, SHUFFLE FORWARD

1&2	Rock right foot to right, recover the weight to left foot, cross right foot across left foot
3&4	Rock left foot to left, recover the weight to right foot, cross left foot across right foot
5&6	Step right foot forward, turn ½ to left, step right foot forward

7&8 Step left foot forward, step right foot next to left foot, step left foot forward

BUMP (X6), MAMBO FORWARD, COASTER STEP

1&2	Bump right hip to right, bump left hip to left, bump right hip to right
3&4	Bump left hip to left, bump right hip to right, bump left hip to left
5&6	Rock right foot forward, recover the weight to left foot, right foot next to left foot
7&8	Step left foot back, right foot next to left foot, step left foot forward

SIDE ROCK, CROSS, SIDE ROCK, CROSS, STEP TURN ¼ LEFT, STEP FORWARD, SHUFFLE FORWARD

1&2	Rock right foot to right, recover the weight to left foot, cross right foot across left foot
3&4	Rock left foot to left, recover the weight to right foot, cross left foot across right foot
5&6	Step right foot forward, turn ¼ to left, step right foot forward
7&8	Step left foot forward, step right foot next to left foot, step left foot forward

PART B

STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

 K3 Touch left foot next to right foot, step left foot to left K4 Right foot next to left foot, step left foot to left K5 Touch right foot next to left foot, step right foot forward K6 Left foot next to right foot, step right foot forward T000 Step left foot forw	1&2	Step right foot to right, left foot next to right, step right foot to right
Left foot next to left foot, step right foot forward Left foot next to right foot, step right foot forward	&3	Touch left foot next to right foot, step left foot to left
&6 Left foot next to right foot, step right foot forward	&4	Right foot next to left foot, step left foot to left
3 , 1 3	&5	Touch right foot next to left foot, step right foot forward
7&8 Step left foot forward, step right foot next to left foot, step left foot forward	&6	Left foot next to right foot, step right foot forward
	7&8	Step left foot forward, step right foot next to left foot, step left foot forward

RIGHT MAMBO FORWARD, COASTER STEP, STEP TURN ½ LEFT, STEP FORWARD, BUMP (X3)

1&2	Step right foot forward, recover the weight to left foot, step right foot next to left foot
3&4	Step left foot back, step right foot next to left, step left foot forward
5&6	Step right foot forward, turn ½ to left, step right foot forward
7&8	Bump left hip to left, bump right hip to right, bump left hip to left

PART C

DIAGONAL STEP, LOCK, DIAGONAL STEP, TOUCH (X4)

1&	Step right foot forward to diagonally right, lock left foot behind right foot
2&	Step right foot forward to diagonally right, touch left foot next to right foot
3&	Step left foot forward to diagonally left, lock right foot behind left foot
4&	Step left foot forward to diagonally left, touch right foot next to left foot
5&	Step right foot forward to diagonally right, lock left foot behind right foot
6&	Step right foot forward to diagonally right, touch left foot next to right foot
7&	Step left foot forward to diagonally left, lock right foot behind left foot
8&	Step left foot forward to diagonally left, touch right foot next to left foot

KICK BALL STEP, SWIVELS 1/2 TURN RIGHT, COASTER STEP, SHUFFLE FORWARD

1&2	Kick right foot forward, right foot next to left foot, step left foot forward
3&4	Swivel to left turning 1/4 to right, swivel to right, swivel to left turning 1/4 to right
5&6	Step right foot back, step left foot next to right foot, step right foot forward
7&8	Step left foot forward, right foot next to left foot, step left foot forward

DIAGONAL STEP, LOCK, DIAGONAL STEP, TOUCH (X4)

1&	Step right foot forward to diagonally right, lock left foot behind right foot
2&	Step right foot forward to diagonally right, touch left foot next to right foot
3&	Step left foot forward to diagonally left, lock right foot behind left foot
4&	Step left foot forward to diagonally left, touch right foot next to left foot
5&	Step right foot forward to diagonally right, lock left foot behind right foot
6&	Step right foot forward to diagonally right, touch left foot next to right foot
7&	Step left foot forward to diagonally left, lock right foot behind left foot
8&	Step left foot forward to diagonally left, touch right foot next to left foot

KICK BALL STEP, SWIVELS 1/2 TURN RIGHT, COASTER STEP, SHUFFLE FORWARD

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1&2	Kick right foot forward, right foot next to left foot, step left foot forward
3&4	Swivel to left turning ¼ to right, swivel to right, swivel to left turning ¼ to right
5&6	Step right foot back, step left foot next to right foot, step right foot forward
7&8	Step left foot forward, right foot next to left foot, step left foot forward

PART D

MAMBO (X4)	
1&2	Rock right foot forward, recover the weight to left foot, step right foot next to left foot
3&4	Rock left foot back, recover the weight to right foot, left foot next to right
5&6	Step right foot to right, recover the weight to left foot, right foot next to left
7&8	Step left foot to left, recover the weight to right foot, left foot next to right