

Bachata

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maryloo (FR) - June 2008
音乐: Bachata (Radio Mix) - Lou Bega : (CD: Single)



SUGAR FOOT STEPS & LOCK STEPS

- 1 Swivel on the ball of right foot stepping toward the left corner with left
- 2 Swivel on the ball of left foot stepping toward the right corner with right
- 3&4 Lock step diagonally forward toward left corner stepping on left, right, left
- 5 Swivel on the ball of left foot stepping toward the right corner with right
- 6 Swivel on the ball of right foot stepping toward the left corner with left
- 7&8 Lock step diagonally forward toward right corner stepping on right, left, right

STEP PIVOT $\frac{3}{4}$ TURN, SIDE SHUFFLE, SAILOR STEPS

- 1-2 Step forward right, pivot $\frac{3}{4}$ turn left (3:00)
- 3&4 Shuffle to the right: right, left, right
- 5&6 Cross left behind right, step to the right with the right foot, step slightly forward on your left foot
- 7&8 Cross right behind left, step to the left with the left foot, step slightly forward on your right foot

MAMBO FORWARD, MAMBO BACK, FULL PADDLE TURN

- 1&2 Rock left forward, recover to right, step left next to right
- 3&4 Rock right back, recover to left, step right next to left
- 5&6&7&8 Paddle full turn right: $\frac{1}{4}$ each count
- & Replace the weight on the right foot

CROSS, SIDE, TOGETHER (TWICE), ROCK STEP, SAILOR $\frac{1}{2}$ TURN LEFT

- 1&2 Cross left over right angling body $\frac{1}{8}$ turn left, step right side, step left next to right
- 3&4 Cross right over left angling body $\frac{1}{8}$ turn right, step left to side, step right next to left
- 5-6 Left rock step forward
- 7&8 Cross left behind right, $\frac{1}{2}$ turn left, step right next to left, left forward. (9:00)

REPEAT
