Ven A Bailar



拍数: 64 墙数: 2 级数: Intermediate 编舞者: Glynn Holt (UK) & Francien Sittrop (NL) - August 2008

音乐: Ven A Bailar - Arídian: (CD: Caribe Mix 2008)



Start on vocals after 48 counts

SIDE, ROCK RECOVER, BACK LOCK STEP, ROCK BACK RECOVER, ROCK AND CROSS

Step L to L side and slightly forward 2–3 Rock R forward, Recover on L 4&5 Lock step back with R, L, R 6-7 Rock L behind R, Recover on R

8&1 Rock L to L side, Recover on R, Step L across R

14, 14, CROSS SHUFFLE, ROCK, RECOVER, BEHIND SIDE FORWARD

2-3 1/4 Turn L and step R back, 1/4 Turn L step L to L side 4&5 Step R across L, Step L to L side, Step R across L 6–7 Rock L to L side, Recover on R (use hips)

8&1 Step L behind R, Step R to R side, Step L fwd

HOLD, AND STEP POINT, 1/2 TURN, POINT, FLICK, CHA CHA 1/4 TURN

2

&3-4 Step R next to L, Step L fwd, Point R to R side 5–6 1/2 Turn R and step R next to L, Point L to L side

7 Flick L behind R

8&1 L Side Cha Cha making 1/4 turn L on L-R-L

ROCK, RECOVER, COASTER STEP/TRIPLE FULL TURN, STEP ½ TURN, SIDE CHA CHA

2-3 Rock R fwd, Recover on L

4&5 Step R back, Step L next to R, Step R fwd (Or Triple Full Turn on the spot)

6–7 Step L fwd, 1/2 Pivot Turn R L Side Cha Cha L-R-L 8&1

ROCK, RECOVER, 1/4 CHA CHA RIGHT, 1/2 PIVOT, 1/4 SIDE CLOSE (OR FULL TURN)

2-3 Rock back on R, Recover on L

4&5 R Side Cha Cha making 1/4 turn R on R-L-R

6-7 Step forward on left, Pivot 1/2 turn right (weight on right)

8-1 (On ball of Right turn 1/4 Right) Step L to L Side, Close R next to L (easy option for turn)

Option: On Counts 8-1 make a full turn R over 2 Steps stepping back on L and forward on R and then 1/4 R into the L Side Cha Cha for 2&3 (3:00)

CHA CHA LEFT, ROCK BACK RECOVER, STEP 1/4 TURN, CROSS

2&3 L Side Cha Cha on L-R-L

4-5 Cross Rock R behind L pushing R hip back, Recover on L

6-7 Step forward on R, Pivot 1/4 turn L

Cross R over L 8

TURN 1/2 OVER RIGHT, CROSSING LEFT SHUFFLE, POINT, CROSS, POINT, HITCH BALL CROSS

1 Make ¼ turn R stepping L back

2 Make ¼ turn R stepping R to R Side

Cross L over R, Step R to R Side, Cross L over R 3&4 5-6-7 Point R to R Side, Cross R over L, Point L to L Side 8&1 Hitch L knee, Step L next to R, Cross R over L

HOLD, BALL CROSS UNWIND, CHA CHA RIGHT, ROCK BACK RECOVER

2 Hold

&3-4 Step L next to R, Cross right over L, Unwind Full Turn over L shoulder taking weight on left

5&6 R Side Cha Cha R-L-R

7-8 Cross rock left behind right, Recover on right