

Cada Noche

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK) - August 2011
音乐: Cada Noche - Sparx : (Album: No Hay Otro Amor)



Choreographers note:- The tempo is fast – use small steps, this also allows for individual Latin styling.
My thanks go to Rosalind Yeo for making me aware of this lively piece of rhythmic Mambo music.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts with the main vocals.

Fwd. Lock. Fwd. Hold. Press Fwd. Recover. Recover. Hold (12:00)

- 1 – 2 Step forward onto left. Lock right behind left.
- 3 – 4 Step forward onto left. Hold
- 5 – 6 Press right forward. Recover onto left.
- 7 – 8 Recover onto right. Hold.

Press Fwd. Recover. Bwd. Hold. Press Bwd. Recover. Together. Hold (12:00)

- 9 – 10 (raising both hands with a 'pushing' motion) – Press left forward. Recover onto right.
- 11 – 12 (dropping hands to sides) – Step backward onto ball of left. Hold.
- 13 – 14 (drop L heel & raise both hands with a 'pushing' motion) Press right backward. Recover onto left.
- 15 – 16 Step right next to left. Hold.

Styling option: 9-10 'push' right hand fwd -'pull' left hand bwd . 13-14 'push' left hand fwd -'pull' right hand bwd

1/4 Monterey. Side Touch. Hold. Together. Side Touch. 1/2 Monterey. Hold (3:00)

- 17 – 18 Touch left to left side. Turn ¼ left & step left next to right (9).
- 19 – 20 Touch right to right side. Hold.
- 21 – 22 Step right next to left. Touch left to left side.
- 23 – 24 Turn ½ left & step left next to right (3). Hold.

Press Fwd. 1/4 Side. Touch Together. Hold. Side. Recover. 1/4 Fwd. Hold (9:00)

- 25 – 26 Press right forward. Turn ¼ left & step left to left (12)
- 27 – 28 Touch right next to left. Hold.
- 29 – 30 Press right to right side. Recover onto left.
- 31 – 32 Turn ¼ left & step forward onto right (9). Hold.

Dance Finish: Count 32, Wall 12 – facing 'Home'