

Besame

拍数: 32 墙数: 4 级数: Beginner
编舞者: Shanthie De Mel (AUS) - August 2011
音乐: Amame - Belle Perez : (Album: Gypsy - 3:47)



Begin: 32 count intro. Start just before lyrics. Left Rotation. No Tags or Restarts.

Note:- The Rhumba tempo, Q-Q-S, is maintained throughout the dance.

WEAVE LEFT. HOLD. CROSS SWEEP. SIDE. BEHIND. HOLD.

1, 2, 3, 4 Sweep/ cross R behind L. Step L to left side. Cross R over L. Hold.
5, 6, 7, 8 Sweep L from behind & cross over R. Step R to right side. Cross L behind R. Hold. (12:00)

RIGHT SAILOR. HOLD. LEFT SAILOR. HOLD. (keep moving back with a sway)

1, 2, 3, 4 Cross R behind L moving back. Step L to left side. Step R to right side. Hold.
5, 6, 7, 8 Cross L behind R. Step R to right side. Step L to left side. Hold. (12:00)

RHUMBA BOX RIGHT FORWARD. RHUMBA BOX LEFT FORWARD.

1, 2, 3, 4 Step R to right side. Step L together. Step R forward. Hold.
5, 6, 7, 8 Step L to left side. Step R together. Step L forward. Hold. (12:00)

CROSS ROCK. RECOVER. SIDE DRAG. 1/4 LEFT ROCK BACK. RECOVER. SIDE.

1, 2 Cross rock R behind L. Recover L.
3, 4 Take a big step on R to right side dragging L to R keeping wt. on R for 2 counts.
5, 6 Turning 1/4 left drag L back with a rock. Recover R. (9:00)
7, 8 Take a big step on L to left side pointing R to right side for 2 counts. (9:00)

Last Update: 22 Jun 2024