|  |  |
| --- | --- |
| La Luna (月亮) (zh) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍數:** | 32 | **牆數:** | 4 | **級數:** | Improver | . |
| **編舞者:** | Nina Chen (TW) - 2017年04月 | | | | |
| **音樂:** | La Luna (Original Version) (feat Joan Kolova) - Contras | | | | |
| . | | | | | | |

**Intro: 32 counts**

**INTRO DANCE: 32 COUNTS**

**Sec i1: FWD MAMBO - BACK MAMBO - (R & L) SIDE MAMBO**

|  |  |
| --- | --- |
| 1&2, 3&4 | Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 5&6, 7&8 | Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 1&2, 3&4 | 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁 |

|  |  |
| --- | --- |
| 5&6, 7&8 | 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁 |

**Sec i2: FWD PIVOT 1/8 TURN L. x4**

|  |  |
| --- | --- |
| 1-4 | Step RF fwd - Pivot 1/8 turn L (10:30) - Step RF fwd - Pivot 1/8 turn L (9:00) |

|  |  |
| --- | --- |
| 5-8 | Step RF fwd - Pivot 1/8 turn L (7:30) - Step RF fwd - Pivot 1/8 turn L (6:00) |

|  |  |
| --- | --- |
| 1-4 | 右足前踏 - 向左踏轉 1/8 (10:30) - 右足前踏 - 向左踏轉 1/8 (9:00) |

|  |  |
| --- | --- |
| 5-8 | 右足前踏 - 向左踏轉 1/8 (7:30) - 右足前踏 - 向左踏轉 1/8 (6:00) |

**Sec i3: FWD MAMBO - BACK MAMBO - (R &L) SIDE MAMBO**

|  |  |
| --- | --- |
| 1&2, 3&4 | Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 5&6, 7&8 | Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 1&2, 3&4 | 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁 |

|  |  |
| --- | --- |
| 5&6, 7&8 | 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁 |

**Sec i4: FWD PIVOT 1/8 TURN L. x4**

|  |  |
| --- | --- |
| 1-4 | Step RF fwd - Pivot 1/8 turn L (5:30) - Step RF fwd - Pivot 1/8 turn L (3:00) |

|  |  |
| --- | --- |
| 5-8 | Step RF fwd - Pivot 1/8 turn L (1:30) - Step RF fwd - Pivot 1/8 turn L (12:00) |

|  |  |
| --- | --- |
| 1-4 | 右足前踏 - 向左踏轉 1/8 (5:30) - 右足前踏 - 向左踏轉 1/8 (3:00) |

|  |  |
| --- | --- |
| 5-8 | 右足前踏 - 向左踏轉 1/8 (1:30) - 右足前踏 - 向左踏轉 1/8 (12:00) |

**MAIN DANCE: 32 COUNTS**

**Sec 1: SIDE - TOGETHER - FWD SHUFFLE - FWD - TOUCH - BACK SHUFFLE**

|  |  |
| --- | --- |
| 12,3&4 | Step RF to R - Step LF beside RF - Fwd shuffle (R L R) |

|  |  |
| --- | --- |
| 56,7&8 | Step LF fwd - Touch RF behind LF - Back shuffle (R L R) |

|  |  |
| --- | --- |
| 12,3&4 | 右足右踏 - 左足併踏右足旁 - 前交換步 (右左右) |

|  |  |
| --- | --- |
| 56,7&8 | 左足前踏 - 右足點於左足後 - 後交換步 (右左右) |

**Sec 2: 1/4 L SIDE - POINT R - SIDE - BRUSH - JAZZBOX 1/4 L**

|  |  |
| --- | --- |
| 1-4 | 1/4 turn L (9:00) step LF to L - Point R toes to R diagonal - Step RF to R - Brush LF fwd |

|  |  |
| --- | --- |
| 5-8 | Cross LF over RF - Step RF back - 1/4 turn L (6:00) step LF to L - Touch RF beside LF |

|  |  |
| --- | --- |
| 1-4 | 左轉 1/4 (9:00) 左足左踏 - 右足尖斜右前方點 - 右足右踏 - 左足刷前擺 |

|  |  |
| --- | --- |
| 5-8 | 左足前跨 - 右足後踏 - 左轉 1/4 (6:00) 左足左踏 - 右足點於左足旁 |

**Sec 3: FWD MAMBO - BACK MAMBO - (R &L) SIDE MAMBO**

|  |  |
| --- | --- |
| 1&2, 3&4 | Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 5&6, 7&8 | Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF |

|  |  |
| --- | --- |
| 1&2, 3&4 | 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁 |

|  |  |
| --- | --- |
| 5&6, 7&8 | 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁 |

**Sec 4: ROCK - RECOVER - FWD SHUFFLE 1/2 R - FWD - RECOVER - SAILOR 1/4 TURN L**

|  |  |
| --- | --- |
| 1 2,3&4 | Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) 1/2 turn R (12:00) |

|  |  |
| --- | --- |
| 5 6,7&8 | Step LF fwd - Recover onto RF - 1/4 turn L (9:00) step LF behind RF - Step RF to R - Step LF fwd |

|  |  |
| --- | --- |
| 1 2,3&4 | 右足前下沉 - 重心回左足 - 前交換步 (右左右) 向右轉1/2 (12:00) |

|  |  |
| --- | --- |
| 5 6,7&8 | 左足前踏 - 重心回右足 - 左轉1/4 (9:00) 左足後跨 - 右足右踏 - 左足前踏 |

**Tag 1: After Intro dance (12:00), Wall5 (9:00)**

**ROCKING CHAIR**

|  |  |
| --- | --- |
| 1-4 | Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF |

|  |  |
| --- | --- |
| 1-4 | 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足 |

**Tag 2: After Wall6 (6:00)**

**FWD - HOLD (CLAP) - 1/2 TURN L FWD - HOLD (CLAP)**

|  |  |
| --- | --- |
| 1-4 | Step RF fwd - Hold and clap hands twice - 1/2 turn L (12:00) Step RF fwd - Hold and clap hands |

|  |  |
| --- | --- |
| 1-4 | 右足前踏 - 停拍並拍手兩下 - 左轉1/2 (12:00) 右足前踏 - 停拍並拍手 |

**Have Fun & Happy Dancing !!!**

**Contact Nina Chen: nina.teach.dance@gmail.com**