Volare



拍數: 58

編舞者: Sari (Aik) - September 2015

音樂: Volare - Gipsy Kings

S1: CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS ROCK, RECOVER, LEFT CHASSE WITH 1/4

級數: High Beginner

LEFT

- 1-2 Cross rock R over L, Recover on L
- 3&4 Step R to side, Step L next to R, Step R to side
- 5-6 Cross rock L over R, Recover on L
- 7&8 Step L to side, Step R next to L, Turn ¼ L Step L forward

牆數: 1

S2: PIVOT ½ LEFT, FORWARD LOCK SHUFFLE, PIVOT ¾ RIGHT, LEFT CHASSE

- 1-2 Step R forward, Turn ½ L step L forward
- 3&4 Step R forward, Lock L behind R, Step R forward
- 5-6 Step L forward, Turn ³/₄ R on R
- 7&8 Step L to side, Step R next to L, Step L to side

S3: (SIDE MAMBO RIGHT AND LEFT) X2

- 1&2 Rock R to side, Recover on L, Step R next to L
- 3&4 Rock L to side, Recover on R, Step L next to R
- 5&6 Rock R to side, Recover on L, Step R next to L
- 7&8 Rock L to side, Recover on R, Step L next to R

S4: (JAZZ BOX ¼ RIGHT) X2

- 1-4 Cross R over L, Step L backward, Turn ¼ R step R to side, Step L forward
- 5-8 Cross R over L, Step L backward, Turn ¼ R step R to side, Step L forward

S5: BOTA FOGOS, CONTRA BOTA FOGOS

- 1-4 Cross R over L, Touch L outside L, Cross L over R, Touch R outside R
- 5-8 Cross R behind L, Touch L outside L, Cross L behind R, Touch R outside R

S6: SYNCOPATED CROSS SHUFFLE LEFT AND RIGHT

- 1& Cross R over L, Step L to side
- 2& Cross R over L, Step L to side
- 3&4 Cross R over L, Step L to side, Cross R over L
- 5& Cross L over R, Step R to side
- 6& Cross L over R, Step R to side
- 7&8 Cross L over R, Step R to side, Cross L over R

S7: (JAZZ BOX ¼ RIGHT) X2

- 1-4 Cross R over L, Step L backward, Turn ¼ R step R to side, Step L forward
- 5-8 Cross R over L, Step L backward, Turn ¼ R step R to side, Step L forward

S8: TOUCH, HOLD AND CLAP

1-2 Touch R forward, Hold and Clap

Restart Dance

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