

# Sacame a Bailar

拍數: 56      牆數: 2      級數: Improver  
編舞者: Christie Lim (MY) & Peter Reber (SA) - November 2016  
音樂: Sacame a Bailar - Belinda & Cómplices : (Album: Mariana)



Sequence: AABC – AABC – BC – ABCB – Tag – B - Ending  
Intro 32 counts

## PART A (24 count)

### A1: Cross Rock, recover side (2x), Lock step, ½ turn (hitch), Lock step

1 & 2      Cross Rock RF over LF, Recover, RF side  
3 & 4      Cross Rock LF over RF, Recover, LF side  
5 & 6      1/8 turn L RF fwd (10:30), lock LF behind RF, RF fwd  
7 & 8      1/4 turn R (hitching LF) LF fwd (01:30), lock RF behind LF, LF fwd

### A2: Side, back rock, recover (2x), ¼ turn, ½ turn with sweep, hip bumps

1 & 2      Step RF to R, LF behind, Recover  
3 & 4      Step LF to L, RF behind, Recover  
5 6      1/4 R step fwd on RF, 1/2 turn to R weight on RF sweeping LF (09:00)  
7 & 8      L hip bump, R hip bump, L hip bump

### A3: Samba steps (2x),

1 & 2      Cross RF over left, Step LF to L, Recover  
3 & 4      Cross LF over right, Step RF to R, Recover  
5 & 6      1/4 turn R step RF fwd, 1/4 turn R LF next to RF, 1/4 turn Step RF fwd (06:00)  
7 & 8      1/4 turn, weight on LF, 1/4 turn L RF next to LF, step LF fwd

## Part B (16 count)

### B1: Side Rock, Recover (2x), ¼ turn, shuffle ½ turn

1 & 2      Side rock RF, Recover, Together  
3 & 4      Side rock LF, Recover, Together  
5 & 6      1/4 R step RF fwd, LF next to RF, step RF fwd  
7 & 8      1/4 turn R step LF side, RF next to LF, 1/4 step LF back (09:00)

### B2: Coaster step, hip bumps, brush, ¼ turn R big step, together

1 & 2      RF back, together, RF fwd  
3 & 4      1/4 turn R step LF side with L hip bump (12:00), R hip bump, L hip bump 1/8 turn R (01:30)  
5 6      Brush RF (diagonal), 1/8 turn step down □ RF  
7 8      1/4 turn R big step L, RF together

## Part C (16 count)

### C1: Toe/heel split (4x), Together, ¼ Paddle turn L (2x), hop (3x)

Styling Note: moving to the right doing 1 to 4

1 &      Toe together / heel split, Heel together / toe split  
2 &      Toe together / heel split, Heel together / toe split  
3 &      Toe together / heel split, Heel together / toe split  
4      Toe together / heel split  
5 6      Paddle 1/4 turn L, Paddle 1/4 turn L  
7 & 8      hop fwd, hop fwd, hop fwd (leaning increasingly backwards as you hop)

### C2: Toe/heel split (4x), Together, ¼ Paddle turn R (2x), hop (3x)

Styling Note: moving to the right doing 1 to 4

1 &      Toe together / heel split, Heel together / toe split

- 2 &            Toe together / heel split, Heel together / toe split
- 3 &            Toe together / heel split, Heel together / toe split
- 4                Toe together / heel split
- 5 6             Paddle 1/4 turn R, Paddle 1/4 turn R
- 7 & 8            hop fwd, hop fwd, hop fwd (leaning increasingly backwards as you hop)

**Tag (16 count)**

**T1: Shoulder shimmy (4x), Rolling vine L**

**Styling Note: sink into the knees**

- 1 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back,
- 2 &            R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

**Styling Note: rise**

- 3 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back,
- 4 &            R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back
- 5                1/4 turn L step LF fwd
- 6                1/2 turn L step RF back
- 7                1/4 turn L step LF side
- 8                RF together

**T2: Shoulder shimmy (4x), Rolling vine R**

**Styling Note: sink into the knees**

- 1 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
- 2 &            R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

**Styling Note: rise**

- 3 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
- 4 &            R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back
- 5                1/4 turn R step RF fwd
- 6                1/2 turn R step LF back
- 7                1/4 turn R step RF side
- 8                LF together

**Ending (4 count)**

**E: Shoulder shimmy (3x), Stomp fwd, Point**

**Styling Note: sink into the knees**

- 1 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
- 2 &            R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

**Styling Note: rise**

- 3 &            R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
- 4                Stomp RF fwd, Point with right hand

**Enjoy!**

**Contact: [preber@telkomsa.net](mailto:preber@telkomsa.net) with any questions or comments**

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