

Twerk It – Elsa

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pep Soler (ES) & Paqui Lebrón - December 2016
音樂: "Twerk It" de Elsa Barahona



(Start the dance after 16 counts)

[1 – 8] ROCK IN CHAIR RIGHT + MAMBO, ROCK IN CHAIR LEFT + MAMBO

- 1 & Rock forward RF, recover LF
- 2 & Rock backward RF, recover LF
- 3 & 4 Rock forward RF, recover LF, step together RF
- 5 & Rock forward LF, recover RF
- 6 & Rock backward LF, recover RF
- 7 & 8 Rock forward LF, recover LR, step together LF

[9 – 16] ROCK RIGHT FORWARD-RECOVER X3, ROCK LEFT FORWARD-RECOVER X 3

- 1 & Rock forward RF, recover LF
- 2 & Rock forward RF diagonal (1,30), recover LF
- 3 & 4 Rock side RF, recover LF, RF Together RF
- 5 & Rock forward LF, recover RF
- 6 & Rock forward LF diagonal (10,30), recover RF
- 7 & 8 Rock side LF, recover RF, RF together LF

(Put the stretched arm with the palm forward, 3 times right, 3 times left.)

[17 – 24] VINE RIGHT, CHAINE LEFT

- 1 - 2 Step RF to the side, step LF behind RF
- 3 - 4 Step RF to the side, step LF next to RF doing touch with toe LF
- 5 - 6 Step LF to the side doing ¼ turn, step RF along the LF doing ¾ turn
- 7 - 8 Step LF side, touch RF together LF

[25 – 32] MAMBO STEP SIDE RIGHT, MAMBO STEP SIDE LEFT, MAMBO STEP SIDE RIGHT ¼ TURN, MAMBO STEP SIDE LEFT

- 1 & 2 Step RF side, recover LF, RF together LF
- 3 & 4 Step LF side, recover RF, LF together RF
- 5 & 6 Step RF side doing ¼ turn, recover LF, RF together LF
- 7 & 8 Step LF side, recover RF, LF together RF

(Moving the arm from below to take it flat, alternately right-left.)

Start dancing again

TAG: 4 COUNTS AT THE END OF THE 4th WALL - STEP TURN 1/2 - MAMBO STEP TURN 1/4

- 1 - 2 Step RF forward, return weight to LF by ½ turn
- 3 - 4 Step RF to the side doing ¼ turn, return weight to LF

- Life is also life without mobile phone,
- It is not without music,
- It's not without a dance.

Last Update – 8th Jan 2017