El No Soy Yo Ab

拍數: 32

級數: Absolute Beginner

編舞者: Martine Semmau (FR) - September 2018

音樂: Él No Soy Yo - Blas Cantó : (Album: Dejarte ir - feat. Leire Martínez)

Intro : 32 count

Grapevine R, touch, grapevine L, ¼ T, brush

- 1-4 Step Rf to R side, step Lf behind Rf, step Rf to R side, Touch Lf beside Rf
- 5-8 Step Lf to L side, step Rf behind Lf, step Lf to L side & ¼ turn, Rf brush

K steps

1-2	Step Rf fwd onto R diagonal, touch Lf beside Rf,
3-4	Step Lf bkwd onto L diagonal, touch Rf beside Lf
5-6	Step Rf bkwd onto R diagonal, touch Lf beside Rf

7-8 Step Lf fwd onto L diagonal, touch Rf beside Lf

R Chasse, Lf back rock, L chasse, Rf back rock

- 1&2 Step Rf to R side, step Lf next to Rf, step Rf to R side
- 3-4 Rock Lf back, recover weight on Rf
- 5&6 Step Lf on L side, step Rf next to Lf, step Lf to L side
- 7-8 Rock Rf back, recover weight on Lf

Sway x4, Point forward x2

- 1-2 Step Rf on R side & R sway, weight on Lf & L sway
- 3-4 Weight on Rf & R sway, weight on Lf & L sway
- 5-6 Point Rf fwd, Rf next to Lf & weight on Rf
- 7-8 Point Lf fwd, Lf next to Rf & weight on Lf

No Tag, No Restart Enjoy and Dance

Contact : enjoy.yourdance74@gmail.com





牆數:4