

# Lima

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - January 2019  
音樂: One More Won't Hurt - Randall King



## Abbreviations:-

R= Right L= Left RF = right foot

LF = left foot - fwd = forward

### [1-8] SLOW COASTER STEP R (fwd), SLOW COASTER STEP L (back)

- 1 - 2      Step RF forward, Step LF next to RF
- 3 - 4      Step RF back, Hold
- 5 - 6      Step LF back, Step RF next to LF
- 7 - 8      Step LF forward, Hold

### [9-16] RUMBA BOX R (ending with Hook)

- 1 - 2      Step RF to right, Step LF next to RF
- 3 - 4      Step RF forward, Hold
- 5 - 6      Step LF to left, Step RF next to LF
- 7 - 8      Step LF back, Hook RF forward (\*Here, there is restart in 4th wall looking 12 h)

### [17-24] ROCKING CHAIR (right), ROCK STEP R (fwd), ½ TURN R, HOLD

- 1 - 2      Rock RF forward, Recover weight on to the left
- 3 - 4      Rock RF back, Recover weight on to the left
- 5 - 6      Rock RF forward, Recover weight on to the left
- 7 - 8      ½ turn to right step RF forward, Hold (6h)

### [25-32] SLOW SHUFFLE ½ TURN R, HOLD, ROCK STEP R (jumping back), STOMP UP R, HOLD

- 1 - 2      ¼ turn to right step LF to left, ¼ turn to right Step RF forward (12h)
- 5 - 4      Step LF next to RF, Hold
- 5 - 6      Rock RF back, Recover weight on to the left (jumping)
- 7 - 8      Stomp Up RF next to LF, Hold (\*Here, there is restart in 8th wall looking 12 h)

### [33-40] HOOK COMBINATION R, TOE, HEEL, HEEL, TOE

- 1 - 2      Kick RF forward, Hook RF forward
- 3 - 4      Kick RF forward, Step RF next to LF (without weight)
- 5 - 6      Move right toe to right, Move right heel to right
- 7 - 8      Move right heel to left, Move right toe to centre

### [41-48] HOOK COMBINATION R, SWIWET R, SWIWET ½ L, HOLD

- 1 - 2      Kick RF forward, Hook RF forward
- 3 - 4      Kick RF forward, Step RF next to LF
- 5 - 6      Turn toes to right ( weight in right heel and left toe), Return toes to centre
- 7 - 8      ½ turn to left doing swiwet to left (weight in left heel and right toe), Hold (6h)

(\*Here, there is restart in 2th and 6th wall looking 3h)

### [49-56] WAVE R, SLOW SCISSOR R

- 1 - 2      Step RF to right, Cross LF behind RF
- 3 - 4      Step RF to right, Cross LF over RF
- 5 - 6      Rock RF to right, Step LF next to RF
- 7 - 8      Cross RF over LF, Hold

### [57-64] WAVE L, ROCK STEP L with ¼ R, STEP, HOLD

- |       |   |
|-------|---|
| 1 – 2 | Step LF to left, Cross RF behind LF                                   |
| 3 – 4 | Step LF to left, Cross RF over LF                                     |
| 5 – 6 | Rock LF to left, Recover weight on to right with ¼ turn to right (9h) |
| 7 – 8 | Step LF forward, Hold   |

## **REPEAT**

### **RESTARTS:-**

- In the 2th wall we dance until count 48 (looking 3h)
- In the 4th wall we dance until count 16 (looking 12h)
- In the 6th wall we dance until count 48 (looking 3h)
- In the 8th wall we dance until count 32 (looking 12h)

### **END OF THE DANCE:**

- In the 11th wall we dance until count 48 and we add STOMP with RF forward (looking 12h)

E-mail: [ibaezmonroy@yahoo.es](mailto:ibaezmonroy@yahoo.es) - tel: (0034) 646 34 88 48

facebook: Gabi Ibañez Molto i Paqui Monroy

youtube : Gabi Ibañez

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