

Summer and Passion

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK) & Sébastien BONNIER (FR) - October 2019
音樂: Kalokairi Kai Pathos - Helena Paparizou



Intro: 8 Counts, so starting on vocals.

Mambo Forward, Mambo Back, Step Forward, Turn 1/2 Right, Coaster Step.

1 & 2 Rock forward on R. Recover on to L. Step back on R.
3 & 4 Rock back on L. Recover on to R. Step forward on to L.
5 6 Step forward on R. Turn 1/2 right stepping back on L. 6:00
7 & 8 Step back on R. Step L next to R. Step forward on R.

Step Forward, Turn 1/2 Left, Shuffle 1/2 Turn Left, Rock forward On R, Recover On L, Small Triple Forward.

1 2 Step forward on to L. Turn 1/2 left stepping back on to R.
3 & 4 Shuffle 1/2 turn left on L, R, L travelling towards 6 o'clock.
5 6 Rock forward on R. Rock back on L rolling hips in a figure of 8.
7 & 8 Small step forward on R. Step L behind R. Small step forward on R.

Cross Samba, Cross Shuffle, Long Step Left, Drag In, Ball Cross, Side Step Right.

1 & 2 Cross step L over R. Step R to right side. Step L forward to left diagonal.
3 & 4 Cross step R over L. Step L to left side. Cross step R over L.
5 6 Long step on L to left side. Drag R towards L. (Weight remains on L).
& 7 8 Step down on ball of R. Cross step L over R. Step R to right side.

Diamond Step 1/4 Turn Left, Weave Left, Lunge Left, Recover, Cross, Unwind 1/2 Turn Right With Hitch.

1 & 2 Cross step L over R. Turn 1/8 left stepping back on R. Turn 1/8 left stepping L to left side.
3:00
3 & 4 Cross step R behind L. Step L to left side. Cross step R over L.
5 6 Lunge out on L to left side. Recover on to R.
7 8 & Cross step L over R. Unwind 1/2 turn right. Hitch R knee up with right turnout. 9:00

Syncopated Weave Left, Slow Cross Step x 2.

1 & 2 & Cross step R behind L. Step L to left side. Cross step R over L. Step L to left side.
3 & 4 Cross step R behind L. Step L to left side. Slightly cross step R over L.
5 6 Slowly cross step L forward and across R over 2 counts.
7 8 Slowly cross step R forward and over L over 2 counts.

Mambo 1/2 Turn Left, Step, Flick, Syncopated Weave Right.

1 & 2 Rock forward on L. Recover on to R. Turn 1/2 left stepping forward on L. 3:00
3 4 Step forward on R. Flick L back to left diagonal.
5 & 6 & Cross step L over R. Step R to right side. Cross step L behind R. Step R to right side.
7 & 8 Cross step L over R. Step R to right side. Slightly cross step L behind R.

Rock Back, Recover, Small Triple Step Back, Rock Back On L, Recover With Flick, L Leg Hitch Roll.

1 2 Rock back on R pushing hips back. Recover on to L pushing hips forward.
3 & 4 Small step back on R. Lock step L slightly in front of R. Small step back on R.
5 6 Rock back on L. Recover on to R with L flick back to left diagonal.
7 8 Hitch & rolling L knee in over R, swing L foot over R. Rolling L knee out swing L foot out to left side. (L foot will swing like a pendulum)

Cross Samba, Cross Kick Ball Change, Jazz Box 1/4 Turn Right.

1 & 2 Cross step L over R. Step R to right side. Step L to left side.

3 & 4 Kick R over L. Step down on ball of R. Step L in place.
5 - 8 Cross step R over L. Turn 1/4 right stepping back on L. Step R to right side. Step forward on L. 6:00

Start Again. Enjoy
