

Ana

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maite Alemany (ES) & Maria Jesús Osuna (ES) - November 2020
音樂: Good As You - Kane Brown : (Album: Good as You - Stripped, 2018)



Step sheet : M^a Jesús Osuna

There is the same choreography with a Christmas song, ANA'S CHRISTMAS

Intro : 32 beats

[1-8] WEAVE TO RIGHT ending TOUCH

1-2 Step right to the right side, step left crossed behind right
3-4 Step right to the right side, step left crossed over right
5-6 Step right to the right side, step left crossed behind right
7-8 Step right to the right side, touch left toe beside right

[9-16] WEAVE TO LEFT ending HOLD

1-2 Step left to the left side, step right crossed behind left
3-4 Step left to the left side, step right crossed over left
5-6 Step left to the left side, step right crossed behind left
7-8 Step left to the left side, hold

[17-24] [PIVOT ½ TURN - STEP FED - HOLD] x2 (R-L)

1-2 Step right forward, ½ turn left
3-4 Step right forward, hold
5-6 Step left forward. ½ turn right
7-8 Step left forward, hold

[25-32] [SLOW MAMBO - HOLD] x2 (R-L)

1-2 Step right to the right side, recover on left
3-4 Step right beside left, hold
5-6 Step left to the left side, recover on right
7-8 Step left beside right, hold

[33-40] ½ TURN R and ROCK FWD (x2) - LONG SIDE (R) - TOGETHER - HOLD

1-2 ½ turn right stepping right forward, recover on left (06.00)
3-4 ½ turn right stepping right forward, recover on left (12.00)
5-6 Long step right to the right side, finish moving all the weight to the right foot
7-8 Step left beside right (weight on left), hold

[41-48] LONG BACK (R) - CLOSE - HOLD - LONG SIDE (L) - CLOSE - HOLD

1-2 Long step right back, finish moving all the weight to the right foot
3-4 Step left beside right (weight on right), hold
5-6 Long step left to the left side, finish moving all the weight to the left foot
7-8 Step right beside left (weight on left), hold

[49-56] SLOW CHASSE - HOLD - SLOW SHUFFLE ¾ TURN L - HOLD

1-2 Step right to the right side, step left beside right
3-4 Step right to the right side, hold
5-6 ½ turn left stepping left forward, step right beside left (06.00)
7-8 ¼ turn left stepping left forward, hold (03.00)

[57-64] PIVOT ½ TURN L - PIVOT ¼ TURN L - LONG FWD (R) - STOMP (L) - HOLD

- 1-2 Step right forward, ½ turn left (09.00)
- 3-4 Step right forward, ¼ turn left (06.00)
- 5-6 Long step right forward, finish moving all the weight on the right foot
- 7-8 Stomp left beside right, hold

START AGAIN
