Navidad



拍數: 32

級數: High Beginner

編舞者: Om Pardi (INA) - February 2022

音樂: Navidad - Diana Ela : (ZUMBA FITNESS - MERRY CHRISTMAS)

S1: SYNCOPATED ROCKING CHAIR, FORWARD LOCK SHUFFLE)X2

牆數: 2

- 1&2& Rock R forward, Recover on L, Rock R back, Recover on L
- 3&4 Step R forward, Lock L behind R, Step R forward
- 5&6& Rock L forward, Recover on R, Rock L back, Recover on R
- 7&8 Step L forward, Lock R behind L, Step L forward

S2: JAZZ BOX (RIGHT, LEFT), FORWARD LOCK SHUFFLE, PIVOT ¼ RIGHT, CROSS OVER

- 1&2 Cross R over L, Step L back, Step R to side
- 3&4 Cross L over R, Step R back, Step L to side
- 5&6 Step R forward, Lock L behind R, Step R forward
- 7&8 Step L forward, Make ¼ right turn, Cross L over R

S3: (FORWARD, TURN ½ RIGHT, BACK COASTER STEP) X2

- 1&2 Step R forward, Make 1/2 turn right step L back, Step R back
- 3&4 Step L back, Step R next to L, Step L forward
- 5&6 Step R forward, Make 1/2 turn right step L back, Step R back
- 7&8 Step L back, Step R next to L, Step L forward

S4: CROSS SHUFFLE, TURN LEFT CROSS SHUFFLE, SIDE, TURN LEFT BACK, FORWARD, LITTLE RUN (LEFT, RIGHT, LEFT)

- 1&2 Cross R over L, Step L to side, Cross R over L
- 3&4 Make ½ left turn cross L over R, Step R to side, Cross L over R
- 5&6 Step R to side, Make 1/4 left turn step L back, Step R forward
- 7&8 Little run L, R, L

Begin again & have fun

For more informationn contact gieprod@yahoo.com

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