

Nochentera

拍數: 32 牆數: 4 級數: Improver
編舞者: Joan Morro (ES) - April 2023
音樂: Nochentera - Vicco



Intro 32 counts

[1-8] WALK FWD X 2, TOE TOUCH, WALK FWD X 2, TOE TOUCH

- 1-2 RF Step fwd, LF Step fwd
- 3-4 RF toe touch fwd, RF step in place
- 5-6 LF Step fwd, RF Step fwd
- 7-8 LF Toe Touch fwd, LF step in place

[9-16] ROCK FWD, STEP BACK, TOE TOUCH, RECOVER X 3, TOE TOUCH

- 1-4 RF rock fwd, LF recover, RF step bwd, LF Toe touch fwd
- 5-8 LF Step fwd, RF Recover, LF Recover, RF Toe touch fwd

[17-24] ¼ TURN L, MAMBO CROSS, CLAP, GALLOP X 4 (ARM MOVEMENTS)

- 1-4 LF ¼ turn L on LF and mambo right with RF, LF recover, RF Cross over LF, BH Clap (9.00)
- 5& LF Turn your body ¼ L and step fwd, RF step fwd together LF (towards 6.00, facing 9.00)
- 6& LF step fwd, RF step fwd together LF (towards 6.00, facing 9.00)
- 7& LF step fwd, RF step fwd together LF (towards 6.00, facing 9.00)
- 8 LF Step fwd (towards 6.00, facing 9.00)

***5-8 - BA Roll your arms together for as long as you do the Gallops creating an Eighties movement**

[25-32] MAMBO R, SKATE FWD X 3, TOE TOUCH (ARM MOVEMENTS)

- 1-4 RF Mambo R turning your body ¼ R, LF Recover, RF Close near LF, LF hold (facing 9.00)
- 1-3 RA As you mambo to the right, throw your right arm to the right and pick it up on count 3
- 4-8 LF skate L, RF skate R, LF skate fwd, RF toe touch near LF

***4-7 - LA As you skate, bend your LA in and stick your left thumb out, do the same on every skate (L,R,L)**

TAG 1: You will do the TAG 1 three times, the first two tags are followed once you finish the first wall and the third time will be when you finish wall 7.

FIRST TAG 1 START FACING 9.00

SECOND TAG 1 START FACING 3.00

THIRD TAG 1 START FACING 3.00

[1-8] SWINGING X 2

- 1-4 RF step fwd, LF Recover, RF Recover, RF Hold (use your hips movements)
- 5-8 LF step fwd, RF Recover, LF Recover, LF Hold (use your hips movements)

[9-16] ¼ TURN L X 2 WITH SNAPS

- 1-4 RF ¼ turn L and rock side, RF hold doing a snap with both hands, LF Recover, LF hold doing a snap with both hands (6.00)
- 5-8 RF ¼ turn L and rock side, RF hold doing a snap with both hands, LF Recover, LF hold doing a snap with both hands (9.00)

TAG 2: When you finish the third TAG 1, you will start the TAG 2, you will be facing at 9.00

- 1-4 LF Start a 4 counts hip roll counterclockwise, end with the weight on the left.

NOTE: If you want to learn all the arm movements of the choreography watch the demo video

ENJOY THE DANCE

