

Fernando

拍數: 50 牆數: 2 級數: Intermediate
編舞者: Greta Van Driessche (BEL) - October 2023
音樂: Fernando - ABBA



Dance starts on 'Fernando'

Rock step, coaster step, shuffle, start rumba box

1-2 R rock forward recover on L
3&4 Right step back, left step next to R, R step forward
5&6 shuffle forward L - R - L
7&8 R step right, L step next to R, R step forward

Complete rumba box, shuffle ½ back 2x, rock back

1&2 L step left, R step next to L, L step back
3&4 turn 1/2 right, shuffling R-L-R
5&6 turn ½ right, shuffling L-R-L
7-8 R rock back, recover on L

Shuffle, start figure of 8 left

1&2 shuffle forward R-L-R
3-4 L step left, R cross behind L
5-6 L step forward making ¼ turn left, R step forward
7-8 turn ½ on both feet, R step right making ¼ turn left

Complete figure of 8, shuffle, mambo ¼, cross shuffle

1 ½ L cross behind R, R step forward making ¼ turn right
3&4 shuffle forward L-R-L
5&6 R step forward, recover on L, R step right making a ¼ turn right
7&8 L cross before R, R step right, L cross before R

Kick ball cross, start figure of 8 right

1&2 R kick, R step next to L, L step before R
3-4 R step right, L cross behind R
5-6 R step right making a ¼ turn right, L step forward
7-8 turn ½ right on both feet, L step left making a ¼ turn right

Complete figure of 8, shuffle, step forward ¼, cross shuffle

1-2 R cross behind left, L step left making a ¼ turn left
3&4 shuffle R-L-R
5-6 L step forward, turn ¼ right
7&8 L cross before R, R step next to L, L cross before R

Kick ball cross

1&2 R kick, R step next to L, L cross before R

Restart: in wall 3 after 16 counts (wall starts on air: there was something in the air)

Tag + restart

In wall 4, after 34 counts, do an extra kick ball cross and restart, drop the kick ball cross at the end of wall 5

In wall 7 after 16 counts (wall starts on air: there was something in the air)

Last Update: 22 Oct 2023

