Olalè Olalà

拍數: 64

級數: High Beginner

編舞者: Adelaine Ade (INA) - March 2024

音樂: Olale' - Noche de Fiesta

Intro : 40C Start On Vocal

NO TAG NO RESTART

S1. Side, Hold, & Side, Touch, Rolling Vine L, Touch (non turning option, Vine only!)

- 1 2 Step R to R Side, Hold
- &3 4 Step L Next to R, Step R to R Side, Touch L Next to R
- 5 6 1/4 Turn L Step Fwd on L, 1/2 Turn L Step Back on R (12:00)
- 7 8 1/4 Turn L Step L to L Side, Touch R Next to L (9:00)

S2. Rock Back, Walk, Walk, R Shuffle Fwd, L Shuffle Fwd

- 1 2 Rock Back on R, Recover on L
- 3 4 Walk Fwd R-L
- 5 & 6 Shuffle Fwd Stepping R-L-R
- 7 & 8 Shuffle Fwd Stepping L-R-L

S3. Rock Fwd, Walk Back, Walk Back, R Shuffle Back, 1/4 L Sailor Step

- 1 2 Rock Fwd on R, Recover on L
- 3 4 Walk Back R-L
- 5 & 6 Shuffle Backwards Stepping R-L-R
- 7 & 8 Step L Behind R with ¼ turn L, Step R to R Side, Step L to L Side

S4. Crossing Samba R, Crossing Samba L, Jazz Box Forward

- 1 & 2 Cross R Over L, Rock L to L Side, Recover on R
- 3 & 4 Cross L Over R, Rock R to R Side, Recover on L
- 5,6,7,8 Cross step R over L, step back on L, step R to R side, step forward on L

S5. R Toe Forward, R Toe Side, R Coaster, L Toe Forward, L Toe Side, L Coaster

- 1-2 Tap R toe forward , tap R toe to R side
- 3&4 Step back on R, step L next to R, step forward on R
- 5-6 Tap L toe forward, tap L toe to L side
- 7&8 Step back on L, step R next to L, step forward on L [9:00]

S6. R Side, Together, R Shuffle Forward, L Side, Together, L Coaster

- 1-2 Step R to R side, step L next to R
- 3&4 Step forward on R, step L next to R, step forward on R
- 5-6 Step L to L side, step R next to L
- 7&8 Step back on L, step R next to L, step forward on L

S7. R Side Mambo, L Side Mambo, R Brush Out-Out, Roll Hips

- 1&2 Rock R out to R side, recover on L, step R next to L
- 3&4 Rock L out to L side, recover on R, step L next to R
- 5&6 Brush R forward, step R out to R side, step L out to L side (shoulder-width apart)
- 7,8 Roll hips full turn anti-clockwise (weight ends on L)

- 1&2 Step R to side, close L beside R, step R to side
- 3&4 Turn ¼ step L to side, close R, step L to side





牆數:2

5&6Step R forward, Recover L, Close R beside L7&8Step L back, Recover R, Close L beside R

Enjoy Dancing!

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