

From The Islands

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Melody Lee (TW) - June 2024
音樂: From the Islands (kompa pasión) - φροζι, Jason Derulo & Tomo



S1: Side Pressx2, Cross Pressx2

1 2 3 4 Press R side, Step R beside L (1 2) Press L side, Step L beside R (3 4)
5&6 Press R cross L (5) Recover to L (&) Step R side (6)
7&8 Press L cross R (7) Recover to R (&) Step L side (8)

S2: Cross Rock, Shuffle Steps wz Turn R1/2 , Mambo Steps, Stompx2

1&2 Cross R over L (1) Recover to L (&) Turn 1/4 R Step R fwd (2) 3h
&3&4 Lock L behind R (&) Turn 1/8 R Step R fwd(3) Lock L behind R(&) Turn 1/8 R Step R
fwd(4)6h
5&6 Rock L fwd (5) Recover to R (&) Step L beside R(6)
7 8 Stomp L beside R (7) Stomp R beside L (8) *****Restart :Wall 3 & 5*****

S3: Cross Samba Steps x2, Samba Steps wz Diamond Turn 1/4 R

1&2 Cross R over L (1) Step L Side (&) Recover to R (2)
3&4 Cross L over R (3) Step R Side (&) Recover to L (4)
5&6 Cross R over L (5) Turn1/8 R Step L back (&) Step R back (6) 7:30h
7&8 Step L back (7) Turn1/8 R Step R side(&) Cross L over R (8) 9h

S4: Tap, Side Rock, Weave ,Paddle Turn R 1/2

&1 2 Tap R side (&) Dip Rock R side (1) Recover to L (2)
3&4&5 Cross R behind L(3) Step L side (&) Cross R over L(4) Step L side(&) Cross R over(5)
6 7 8 Step L side (6) Turn 1/4 R Chug R (7) Turn 1/4 R Chug R (8) 3h