Quando-Licious

拍數: 64

級數: Intermediate

編舞者: Ann Napier (NZ)

音樂: Quando Quando Quando - Engelbert Humperdinck

STEP, CROSS, STEP, HEEL TOUCH (WITH FINGER SNAPS)

1-4 Step back on right foot, cross left over right, step right on right foot, touch left heel forward at 45 degree angle to left.

On count 4 lean the body to the back right diagonal, lift hands to shoulder height & snap fingers

5-8 Repeat counts 1-4 to the left

STEP, CROSS, ¼ RIGHT WITH ROCK & STEP, ROCK STEP, COASTER STEP

- 1-2 Step right on right foot, cross left foot over right
- 3&4 As you turn ¼ turn right rock forward onto right foot, rock back onto left foot, step forward onto right
- 5-6 Rock forward onto left foot, rock back onto right
- 7&8 Step back on left foot, close right foot together, step forward on left foot

PEG LEG TURNS TO LEFT, ROCK STEPS, COASTER STEPS

- 1-4 Step forward on right foot, pivot ¼ turn left, step forward on right foot, pivot ¼ turn left,
- 5-6 Rock forward on right foot, rock back onto left
- 7&8 Step back on right foot, close left foot to right, step forward on right foot
- 9-16 Repeat last 8 counts on opposite side
- You should now be facing 3:00 wall

SIDE ROCKS & STEPS (TRAVELING FORWARD)

- 1&2 Rock out to right side on right foot, rock left in place, step right directly in front of left
- 3&4 Rock out to left side on left foot, rock right in place, step left directly in front of right
- 5-8 Repeat last 4 counts

ROCK STEP, ½ TURNING SHUFFLE, ROCK STEP, COASTER STEP

- 1-2 Rock forward on right foot, rock back onto left
- 3&4 Do a ¹/₂ turning shuffle over right shoulder stepping on right, left, right
- 5-6 Rock forward on left foot, rock back onto right
- 7&8 Step back onto left foot, close right foot beside left, step forward onto left

SIDE ROCKS & STEPS (TRAVELING FORWARD)

1&2 Rock out to right side on right foot, rock left in place, step right directly in front of left

3&4 Rock out to left side on left foot, rock right in place, step left directly in front of right

5-9 Repeat last 4 counts

ROCK STEPS, TOUCH BACK, ½ TURN, BODY ROLL OR HIP ROLLS, SHOULDER ROLLS

- 1-2 Rock forward onto right foot, rock back onto left
- 3-4 Touch right toe back, ½ turn over right shoulder (weight on left foot)
- 5-6 Roll hips twice to the right (forward & back) or forward body roll for 2 counts
- 7-8 Place hands on top of thighs and roll right shoulder back, roll left shoulder back

Dance ends with weight on left foot

REPEAT

This dance has a samba feel to it, use your arms for styling in section 4 and 6 and when you are traveling forward and really enjoy yourself.





牆數:4