Synchronizing Rhythm



拍數: 64 牆數: 2 級數: Intermediate

編舞者: June Yung (SG)

音樂: Canta My Baby - Nuika



This dance is dedicated to Mr. Joseph Woon. His inspiration and motivation has encouraged me to choreography.

POINT, STEP, POINT, STEP, MONTEREY WITH POINT CROSS, POINT CROSS

1&2& Point right toes to right side, step right next to left, point left toes to left side, step left next to

3-4 Point right toes to right, ½ turn to right on ball of left step right next to left,

5-6 Point left to left side, step left over and across right

7-8 Point right toes to right side, step right over and across left

ROCK FORWARD, BACK LOCK SHUFFLE, ROCK BACK, FORWARD LOCK SHUFFLE

9-10 Rock forward on left, rock replace on right,

11&12 Step back on left, lock right in front of left, step back on left

13-14 Rock back on right, rock replace on left

15&16 Step forward on right, lock left behind right, step forward on right

SIDE MAMBO, SIDE MAMBO, LEFT VINE WITH 1/4 TURN

17&18 Step on ball of left to left side, step right in place, step left next to right 19&20 Step on ball of right to right side, step left in place, step right next to left

21-24 Step left to left side, step right behind left, step left to left with a ¼ turn to left, step right next

to left

STEP FORWARD ½ SPIN, COASTER, STEP FORWARD ½ SPIN, FORWARD MAMBO

25-26 Step forward on left of ball, hitch right over shin of left and spin ½ to left. 27&28 Step back on right, step left in place, step right forward(ready for another spin)

29-30 Low kick left forward and swing left out and behind right with a ½ spin to left on ball of right,

step down on left

31&32 Rock forward on right, step left in place, step right next to left

STEP SIDE, POINT, PIVOT, FORWARD SHUFFLE, STEP FORWARD, STEP, STEP STOMP

33-35 Step left to left, point right toe behind left, pivot ½ turn to right on both feet(right on ball).

weight on left

36&37 Shuffle forward on right, left, right

38-40 Step forward on left, step right in place, stomp left next to right

1/4 MONTEREY, POINT, STEP, 1/2 MONTEREY, POINT, STEP

41-42	Point right to right side, turn ¼ to right on ball of left, step right beside left

43-44 Point left to left side, step left beside right

45-46 Point right to right side, turn ½ to right on ball of left, step right beside left

47-48 Point left to left side, step left beside right

KICK BALL CROSS, ROCK, SYNCOPATED VINE WITH SLIDE & TOUCH

49&50	Kick right diagonal	l out to riaht. ste	p down on right.	cross step left over right

51-52 Rock to right on right, replace weight on left

53&54 Step right behind left, step left to left side, cross step right over 55-56 Take a long left step to left, slide right and touch beside left

ROCK, REPLACE, CROSS SHUFFLE, ROCK REPLACE, CROSS SHUFFLE

57-58 Rock right to right side, step and replace weight left

59&60 Cross step right over left, step left next to right, step cross right over left .

Rock left to left side, step and replace weight on right

63&64 Cross step left over right, step right next to left, step cross left over right

REPEAT