Sube Amor

拍數: 62

級數: Intermediate

編舞者: Karen Hadley (UK) - January 2004

音樂: Se Me Sube (Merengue Version) - Manny Manuel

Start on main vocals

TOE SWITCHES. CROSS. SIDE CROSS BACK ROCK. CHASSE 1/4 TURN RIGHT.

- 1 & Touch Right toe beside Left instep. Step on Right beside Left.
- 2 & Touch Left toe beside Right instep. Step on Left beside Right.
- 3 4 Cross step Right over Left. Step Left to Left side.
- 5 6 Cross rock Right behind Left. Rock forward on Right.
- 7 & 8 Step Right to Right side. Step Left beside Right. Step Right 1/4 turn Right. (3 o'clock)

STEP. PIVOT 1/2 TURN RIGHT. ROCK FORWARD. COASTER STEP. TWO WALKS FORWARD.

- 1 2 Step forward on Left. Pivot 1/2 turn Right.
- 3 4 Rock forward on Left rolling hips counter-clockwise. Rock back on Right.
- 5 & 6 Step back on Left. Step Right beside Left. Step forward on Left.
- 7 8 Step forward on Right. Step forward on Left. (9 o'clock)

RIGHT SHUFFLE FORWARD. STEP. PIVOT 1/2 TURN RIGHT. 1/2 SHUFFLE TURN RIGHT. BACK ROCK.

- 1 & 2 Step forward on Right. Step Left beside Right. Step forward on Right.
- 3 4 Step forward on Left. Pivot 1/2 turn Right.
- 5 & 6 Shuffle 1/2 turn Right, stepping Left, Right, Left.
- 7 8 Rock back on Right. Rock forward on Left. (9 o'clock)

KICK BALL-TOUCH. TOE TOUCHES. CROSS. BACK. SIDE. CROSS.

- 1 & 2 Kick Right forward. Step Right beside Left. Touch left toe to Left side.
- 3 4 Touch Left toe forward across Right. Touch Left toe to Left side.
- 5 6 Cross step Left over Right. Step back on Right.
- 7 8 Step Left to Left side. Cross rock Right over Left. (9 o'clock)

ROCK. 1/4 TURN RIGHT. STEP. PIVOT 1/2 TURN RIGHT. SHUFFLE FORWARD. STEP. PIVOT 1/2 TURN LEFT.

- 1 2 Rock back on Left in place. Step Right 1/4 turn Right.
- 3 4 Step forward on Left. Pivot 1/2 turn Right.
- 5 & 6 Step forward on Left. Step Right beside Left. Step forward on Left.
- 7 8 Step forward on Right. Pivot 1/2 turn Left.(12 o'clock)

KICK BALL-STEP. STEP. POINT. STEP. TOUCH. MAMBO SIDE ROCK & CROSS.

- 1 & 2 Kick Right forward. Step ball of Right beside Left. Step slightly forward on Left.
- 3 4 Step forward on Right. Touch Left to Left side.
- 5 6 Step forward on Left. Touch Right beside Left.
- 7 & 8 Rock Right to Right side. Rock on Left in place. Cross step Right over Left. (12 o'clock)

1/4 TURN RIGHT. 1/4 TURN RIGHT. SIDE. CROSS. CHASSE LEFT. CROSS ROCK.

- 1 2 Turning 1/4 turn Right step back on Left. Turning 1/4 turn Right step Right to Right side.
- 3 4 Step Left to Left side. Cross step Right over Left.
- 5 & 6 Step Left to Left side. Step Right beside Left. Step Left to Left side. (6 o'clock)
- 7 8 Cross rock Right over Left. Rock back on Left in place.

3/4 TURN RIGHT. KICK. COASTER STEP. STEP.

- 1 3 Step Right 1/4 turn Right. Turning 1/2 turn Right step back on Left. Low kick Right forward.
- 4 & 5 Step back on Right. Step Left beside Right. Step forward on Right.
- 6 Step forward on Left. (3 o'clock)





牆數:4