

拍數: 0 牆數: 1 級數: Intermediate

編舞者: Violet Ray (USA) 音樂: Jezabel - Ricky Martin



Sequence: ABC, ABC, ABC, AB, AB

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FORWARD LOCK STEPS

1-2 Step forward on right foot, cross left foot behind right foot

3&4 Step forward on right foot, cross left foot behind right foot, step forward on right foot

5-6 Step forward on left foot, cross right foot behind left foot

7&8 Step forward on left foot, cross right foot behind left foot, step forward on left foot

CROSS ROCK, RECOVER, 1/4 TURNING TRIPLE RIGHT, CROSS ROCK, RECOVER, TRIPLE STEP

1-2	Cross rock right foot over left foot, recover weight on left foot
3&4	Turn ¼ right while executing triple step (right, left, right)
5-6	Cross rock left foot over right foot, recover weight on right foot

7&8 Execute triple step (left, right, left)

SIDE ROCK, RECOVER, CROSS (2X), ROCK FORWARD, RECOVER, ½ TURN RIGHT TRIPLE STEP

1&2	Rock right foot out to right side,	recover weight on left foot.	cross right foot over left foot

(move forward while executing steps 1&2)

3&4 Rock left foot out to left side, recover weight on right foot, cross left foot over right foot (move

forward while executing steps 3&4)

Fock forward on right foot, recover weight on left foot Turn ½ right while executing triple step (right, left, right)

SIDE ROCK, RECOVER, CROSS (2X), ROCK FORWARD, RECOVER, 3/4 TURN LEFT TRIPLE STEP

1&2	Rock left foot out to left side, recover weight on right foot, cross left foot ov	er right foot (move

forward while executing steps 1&2)

Rock right foot out to right side, recover weight on left foot, cross right foot over left foot

(move forward while executing steps 3&4)

Rock forward on left foot, recover weight on right foot 7&8 Turn ¾ left while executing triple step (left, right, left)

PART B

CROSS ROCK, RECOVER, DIAGONAL BACK LOCK STEPS (RIGHT & LEFT), ROCK BACK, RECOVER

1-2	Cross right foot over left foot, recover weig	ht on	left foot
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3&4 Step back on right foot, cross left foot over right foot, step back on right foot (face 45 degree

right while executing steps 3&4)

5&6 Step back on left foot, cross right foot over left foot, step back on left foot (face 45 degree left

while executing steps 5&6)

7-8 Rock back on right, recover weight on left

CHA-CHA SIDE STEPS FORWARD, FORWARD ROCK, RECOVER, ¾ TURN LEFT TRIPLE STEPS

1-2	Step right foot to right side,	step left foot next to right foot	(execute steps 1-2 moving forward
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at 45 degree left)

3&4 Step right foot to right side, step left foot next to right foot, step right foot to right side (execute

steps 3&4 moving forward at 45 degree left)

5-6 Rock forward on left foot, recover weight on right foot

7&8 Turn ¾ left while executing triple step (left, right, left) (at end of count 8, you should be facing

the 3:00:00 wall)

ROCK FORWARD, RECOVER, 1/4 TURN RIGHT, SIDE STEPS, 1/4 TURN RIGHT, 1/2 TURN RIGHT, LEFT CHASSE'

1-2	Rock forward on right f	oot, recover weight on left foot

Turn ¼ right stepping right foot to right side, step left foot next to right foot, turn ¼ right

stepping right foot forward

5-6 Step forward on left foot, turn ½ right stepping on right foot

7&8 Step left foot to left side, step right foot next to left foot, step left foot to left side

BACK CROSS ROCK, RECOVER, LOCK STEPS, ROCK FORWARD, RECOVER, 1/4 TURN LEFT, LEFT CHASSE'

1-2	Cross right foot behind left foot, recover	weight on left foot

3&4 Step forward on right foot, cross left foot behind right foot, step forward on right foot (execute

steps 3&4 diagonal right)

Fock forward on left foot, recover weight on right foot Turn 1/4 left while executing left chasse' (left, right, left)

PART C

LEFT CROSS STEPS, DIGS, SIDE ROCK, RECOVER, CROSS BACK, STEP SIDE, CROSS

1-2	Cross right foot over left foot, step ball of left foot next to and slightly behind right foot
3&4	Cross right foot over left foot, step ball of left foot next to and slightly behind right foot, cross
	right foot over left foot
5-6	Rock left foot out to left side, recover weight on right foot
7&8	Cross left foot behind right foot, step right foot to right side, cross left foot over right foot

ROCK FORWARD, RECOVER, BACK COASTER STEP, STEP FORWARD, HIP BUMPS

1-2	Rock forward on right foot, recover weight on left foot
3&4	Step back on right foot, step left foot next to right foot, step forward on right foot
5-6	Step left foot forward while bumping hips forward, rock back on right foot while bumping hips back
7&8	Rock forward on left foot while bumping hips forward, rock back on right foot while bumping hips back, rock forward on left foot while bumping hips forward