

拍數: 64 牆數: 4 級數: Intermediate

編舞者: Lu Olsen (AUS) 音樂: Amor - Ricky Martin



KICK, BALL, FORWARD, 1/4 TURN, RIGHT SAILOR, CROSS, SIDE, SIDE, CROSS OVER FACING 1:00

1&2 Right kick forward, step right beside left, left forward

3 ¼ right turn on balls of both feet

4&5- Right sailor: right behind left, left to left side, right to right side

6&7-8 Cross left over right, step right to right side, rock left to left side, cross right over left (to face

1:00)

SHUFFLE TO 1:00, FORWARD, BACK, 1 3/8 RIGHT TURN DIAGONAL TOWARDS 7:00, STRAIGHTEN TO 6:00, STEP FORWARD

Next 6 counts are danced to diagonals

1&2 Shuffle facing towards 1:00 stepping left, right, left

3-4 Step right forward, step left in place

5-6-7 (Traveling diagonally towards 7:00) 1 3/8th right turn stepping right, left, right (straighten to

6:00)

8 Step left forward (6:00)

SIDE, KICK TO DIAGONAL, BEHIND, SIDE, CROSS, SIDE, ¼ TURN STEP TOGETHER, SHUFFLE FORWARD

1-2 Step right to right side, kick left at forward left 45

&3-4 Step left behind right, step right to right side, cross left over right

5-6 Step right to right side, ¼ left turn & step left beside right (weight on left)

7&8 Shuffle forward right, left, right, (3:00)

SHUFFLE FORWARD, TOGETHER AND ½ PIVOT, BACK LOCK SHUFFLE, ROCK BACK FORWARD

1&2 Shuffle forward left, right, left

3-4 Step right beside left, ½ left pivot on balls of both feet, (9:00)

5&6 Step left back, right over left, step left back

7-8 Rock right back, rock left forward

FORWARD, TWIST 1/4, TWIST 1/4, EXTRA 1/4 TURN AND STEP TO SIDE, RIGHT SAILOR, LEFT SAILOR

1-2-3 Step right forward, ¼ left turn twist on ball of both feet, ¼ right turn twist on balls of both feet

4 ½ right turn on right and step left to left side (12:00)

Right sailor: right behind left, left to left side, right to right side
Left sailor: left behind right, right to right side, left to left side

Restart from here on wall 2

CROSS SHUFFLE, SIDE, ROCK, BEHIND, FULL TURN TRAVELING TO RIGHT

1&2 (Traveling to left) cross right over left, step left to left, cross right over left

3&4 Step left to left side, rock right to right side, step left behind right

5-6-7-8 Full right turn traveling to right stepping right, left, right, step left forward

Restart from here on wall 4

BESIDE, TWIST HEELS TO RIGHT, TWIST BOTH TOES 1/2 RIGHT, CROSS, SIDE, SIDE, CROSS, 1/4, 1/4, FORWARD

1-2-3 Step right beside left, twist both heels to the right, twist both toes into ¼ right turn (weight

right) (3:00)

4&5 Cross left over right, step right to right side, step left to left side

6&7-8 Cross right over left, ¼ right turn step left to left, ¼ right turn step right to right, step left

forward (9:00)

(FACING 9:00) FORWARD AT 45, DRAG/STEP, SHUFFLE FORWARD, FORWARD AT 45, DRAG/STEP, SHUFFLE FORWARD AT 45

1-2-3&4 Step right forward at right 45, drag/step left beside right, shuffle right, left, right forward at

right 45

5-6-7&8 Step left forward at left 45, drag/step right beside left, shuffle left, right, left forward at left 45

(9:00)

REPEAT

RESTART

On wall 2, dance to count 40 then start wall 3 again at 9:00 On wall 4, dance to count 48 then start wall 5 again at 6:00

ENDING

On last wall, dance to count 48 then stomp right forward to finish to the front