Vaiven Cha



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Agoston Connor (UK) - July 2007 音樂: Vaiven - Chayanne : (CD: Sincero)



STEP, CROSS ROCK, SIDE ROCK, CROSS ROCK, 1/4 TURN, PIVOT 1/2 TURN, FORWARD SHUFFLE

1, 2&3& Step R forward diagonally right, cross rock L over R, recover on R, rock L to side, recover on

R

4&5 Cross rock L over R, recover on R, turn ½ left stepping L forward

6-7 Step R forward, pivot turn ½ left stepping L in place

8&1 Forward shuffle on R-L-R [3 o?clock]

FULL TURN, STEP, ¾ TURN, STEP, BEHIND, ¼ TURN, FORWARD SHUFFLE

2-3 Turn ½ right stepping back on L, turn ½ right stepping forward on R Step L forward, pivot turn ¾ right stepping R in place, step L to side

6-7 Cross R behind L, turn ¼ left stepping L forward

8&1 Forward shuffle on R-L-R [9 o?clock]

FORWARD SHUFFLE, FORWARD SHUFFLE, CROSS ROCK, RECOVER, SAILOR

2&3 Forward shuffle on L-R-L4&5 Forward shuffle on R-L-R

6-7 Cross rock L over R, recover on R

8&1 Cross L behind R, step R beside L, step L to side

BACK ROCK, RECOVER, FRONT SAILOR, JAZZ BOX 1/4 TURN

2-3 Cross rock R behind L, recover on L

4&5 Cross R over L, step L beside R, step R to side

6-7-8*** Cross L over R, Step back on R, turn ¼ left stepping L forward [6 o?clock]

LOCK STEPS, ROCK FORWARD, RECOVER, SHUFFLE 1/2 TURN

1-2 Step R forward, lock L behind R

3&4&5 Step R forward, lock L behind R, Step R forward, lock L behind R, step R forward

6-7 Rock L forward, recover on R

8&1 Shuffle turn ½ left on L-R-L [12 o?clock]

CROSS ROCK STEP, CROSS ROCK STEP, CROSS ROCK, RECOVER, 11/4 TURN

2&3 Cross rock R over L, recover on L, step R to side4&5 Cross rock L over R, recover on R, step L to side

6-7 Cross rock R over L, recover on L

Turn ¼ right stepping R forward, turn ½ right stepping L back, turn ½ right stepping R forward

[3 o?clock]

ROCK FORWARD, RECOVER, BACK LOCK SHUFFLES

2-3 Rock L forward, recover on R
4&5 Lock step back on L-R-L
6&7 Lock step back on R-L-R
8&1 Lock step back on L-R-L

BACK MAMBO, STEP PIVOT FULL TURN STEP, STEP BACK, SLIDE, TOUCH

2&3 Rock R back, recover on L, step R forward

Step L forward, pivot turn ½ right stepping R in place, turn ½ right stepping L beside R

6-7-8

Step R behind L heel, slide L large step diagonally left forward, touch R beside L [3 o?clock]

(Hand styling: On count 6, place right hand between chests with palm facing right. Move it up rotating palm anti-clockwise on 7, and stretch it to right side above shoulder level on count 8.)

***TWO RESTARTS: On 3rd and 6th wall, restart the dance AFTER 32 counts, facing FRONT wall.

<u>EMail</u>