Llorando Se Fue

拍數: 56

級數: Beginner

編舞者: Roly Ansano (USA) - May 2011

音樂: Lambada (Llorando Se Fue) - Wilkins

Intro:	8	count
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SIDE-CLOSE-SIDE-CLOSE-ROCK-AND-STEP-BACK-ROCK TWICE

- 1-4 Step R to side, step L together, step R to side, step L together
- 5&6 Rock R to side, recover to L, step R in place
- 7-8 Rock L slightly behind R, recover to R
- 9-16 Repeat 1-8 with opposite footwork and direction

OUT-OUT, 1/4 RIGHT, IN-IN, OUT-OUT, IN-IN

- Step R forward and to right, step L forward and to left 1-2
- 3-4 Step R back and turn 1/4 right, step L together
- 5-6 Repeat 1-2
- 7-8 Step R back, step L back

KICK-ROCK-RECOVER TWICE, 1/4 RIGHT, KICK-ROCK-RECOVER TWICE

- Angled to right, low kick R forward and step R toe slightly back 1
- &2 Rock L in place, recover to R
- 3 Angled to left, low kick L forward and step L toe slightly back
- &4 Rock R in place, recover to L
- 5&6 Turn 1/4 right and repeat 1&2
- 7&8 Repeat 3&4

SKATES-ROCK-AND-STEP-BACK-ROCK TWICE

- 1-4 Moving diagonally right, skate forward R,L,R,L
- Rock R forward, recover to L, step R in place 5&6
- 7-8 Square up front and rock L slightly behind R, recover to R
- 9-16 Repeat 1-8 with opposite footwork and direction

HIP-AND-HIP TWICE, 1/4 RIGHT, HIP-AND-HIP TWICE

- Step R to side bumping hips right, left, right 1&2
- 3&4 Step L to side bumping hips left,right,left
- 5&6 Turn 1/4 right and repeat 1&2
- 7&8 Repeat 3&4

REPEAT

RESTART: On Wall 4 dance to count 48, turn 1/4 right and restart

ENDING:

On Wall 8 dance to count 12. Turn 1/4 left to face front and continue counts 13-16. Repeat counts 1-8 as music fades out. Pose.





牆數:4