

No More Boleros

拍數: 32 牆數: 2 級數: Improver
編舞者: Roly Ansano (USA) - September 2011
音樂: No More Boleros - Steph Carse



Intro: Start dance on heavy beat, 24 count before vocals
Seq: 32A-32A-32AA-32B-32A-32BB-32BB-E

MAIN DANCE (32 counts)

BACK, HOLD, SIDE, HOLD, FORWARD STEPS, TURN

- 1-2 Step R back, hold
- 3-4 Step L to side (brush down on R), hold
- 5-6 Step R forward (brush side on L), step L forward
- 7-8 Step R forward, pivot 1/4 left

BACK, KICK, BACK ROCK (2X), UNWIND 1/2 RIGHT, HOLD

- 1-2 Step L back, low kick R forward
- 3-4 Rock R back, recover to L
- 5-6 Rock R back, recover to L
- 7-8 Unwind 1/2 right (weight onto R), hold

FORWARD, HOLD, ROCK, HOLD, RECOVER, HOLD, BACK, BACK

- 1-2 Step L forward, hold
- 3-4 Rock R forward, hold
- 5-6 Recover to L, hold
- 7-8 Step R back, step L back

TURN, FLICK, SIDE, HOLD, BACK, HOLD, SIDE, HOLD

- 1-2 Turn 1/4 right and step R to side, flick L behind R
- 3-4 Step L to side and drag R toe together, hold
- 5-6 Step R back, hold
- 7-8 Step L to side (brush down on R), hold

TAG A (8 counts)

ROCK-AND-ROCK-HOLD

- 1-4 Rock R to side, recover to L, rock on R, hold
- 5-8 Rock L to side, recover to R, rock on L, hold

TAG B (16 counts)

ROCK-AND-ROCK-HOLD, ROCK-AND-FORWARD-HOLD, FORWARD-TURN-CLOSE-HOLD

- 1-4 Rock R to back right diagonal, recover to L, rock on R, hold
- 5-8 Rock L to back left diagonal, recover to R, rock on L, hold
- 9-12 Rock R back, recover to L, step R forward, hold
- 13-16 Step L forward, pivot 1/2 right, step L together, hold

ENDING (8 counts)

- 1-4 Step R back, hold, step L to side (brush down on R), hold
- 5-6 Step R forward (brush side on L), step L forward
- 7-8 Step R forward, hold and pose

Last Revision - 7th September 2011