

Ese Bolero

拍數: 64 牆數: 4
編舞者: Nelly Chu (CAN) - March 2012
音樂: Ese Bolero - Isabel Pantoja

級數: Easy Intermediate



Intro 32 counts

Half rumba box, side together side hold

1 2 3 4 Step left to left side, step right beside left, step left forward, hold
5 6 7 8 Step right to right side, step left beside right, step right to right side, hold (12:00)

Rolling turn left, hold, rock, recover, step, hold

1 2 3 4 Make $\frac{1}{4}$ turn left step forward on left, $\frac{1}{2}$ turn left step back on right, $\frac{1}{4}$ turn left step left to left side, hold
5 6 7 8 Cross rock right over left, recover on left, step right to right side, hold (12:00)

Cross, side, behind, sweep, behind, side, cross, point

1 2 3 4 Cross left over right, step right to right side, cross left behind right, sweep right from front to back
5 6 7 8 Step right behind left, step left to left side, cross right over left, point left toe to left side (12:00)

Cross, point, rock recover, $\frac{1}{4}$ turn right step, hold, rock behind, recover

1 2 3 4 Cross left over right, point right toe to right side, rock right over left, recover on left
5 6 7 8 Make $\frac{1}{4}$ turn right step right to right side, hold, rock left behind right, recover on right (3:00)

Restart during wall 3 facing 9 o'clock, begin the dance again

Forward step, pivot $\frac{1}{4}$ turn right, cross, hold, side together, side, hold

1 2 3 4 Step forward on left, pivot $\frac{1}{4}$ turn right cross left over right, hold (6:00)
5 6 7 8 Step right to right side, step left beside right, step right to right side, hold

$\frac{1}{4}$ turn left rock, recover, $\frac{1}{4}$ turn right, hold, $\frac{1}{4}$ turn right rock, recover $\frac{1}{4}$ turn left, hold

1 2 $\frac{1}{4}$ turn left stepping left back and raising left hand to the back, recover on right (3:00)
3 4 $\frac{1}{4}$ turn right stepping left to left side, hold (6:00)
5 6 $\frac{1}{4}$ turn right stepping right back and raising right hand to the back, recover on left (9:00)
7 8 $\frac{1}{4}$ turn left stepping right to right side, hold (6:00)

Rock, recover, $\frac{1}{2}$ turn left, hold, step, pivot $\frac{1}{4}$ turn left, cross, hold

1 2 3 4 Rock left forward, recover on right, $\frac{1}{2}$ turn left step left forward, hold (12:00)
5 6 7 8 Step right forward, pivot $\frac{1}{4}$ turn left (weight on left) cross right over left, hold (9:00)

Left cucarachas, right cucarachas

1 2 3 4 Step left to left side with hip sway to left, step right in place, step left beside right, hold
5 6 7 8 Step right to right side with hip sway to right, step left in place, step right beside left, hold (9:00)

Restart during wall 3 dance up to 32 counts facing (9:00)

Ending: Section 7 dance up to count 7 then $\frac{3}{4}$ turn left to face front wall and pose

Start again and enjoy!