Baila Pa Mi

Count: 64

Ebene: Phrased High Improver

Choreograf/in: Jim PAVADÉ (FR) - September 2022 Musik: Baila Pa Mi - Lucenzo

Sequences: A - B - A - A - B - A - Tag (4 counts) - B

The dance starts with the body weight on the LF

Sequence A: 32 counts

- [1 8]: Side Together & Hips Roll x 2
- 12 RF to Side, LF closed to RF (12:00)
- 34 Hips roll clockwise
- LF to Side, RF closed to LF 56
- 78 Hips roll counterclockwise

[9 - 16]: Cross Samba with 1/4 Turn R, Cross Samba with 1/4 Turn L, 3/8 Diamond with Hitch

- Cross RF over LF, LF to side on ball with 1/4 turn R, Recover on RF (03:00) 1&2
- 3&4 Cross LF. over RF, RF to side on ball with 1/4 turn L, Recover on LF (12:00)
- Cross RF over LF, 1/8 turn R Stepping LF back, RF back, Hitch LF (01:30) 5&6
- LF back, 1/8 turn R Stepping RF side, 1/8 turn R stepping LF forward (04:30) 7&8

[17 - 24]: Kick ball Point, Shuffle, Pivot 1/2 Turn L, Full Turn R

- Kick RF Fwd, RF slightly Fwd with 1/8 turn R, Point LF to side (06:00) 1&2
- 3&4 LF forward, lock RF behind LF, LF forward
- 5&6 RF forward, pivot ¹/₂ turn L & Recover on LF, RF forward (12:00)
- 7&8 1/2 turn R LF back, 1/2 turn R RF Fwd, LF forward (12:00)

[25 - 32]: Volta Full Turn R & L

- Turn ¼ R Step R Fwd, Lock LF behind RF, Turn ¼ R Step R Fwd, Lock LF behind RF 1&2& (06:00).
- 3&4 Turn ¼ R Step R Fwd, Lock LF behind RF, ¼ Turn R Step RF Fwd (12:00)
- 5&6& Turn ¼ L Step L Fwd, Lock RF behind LF, Turn ¼ L Step L Fwd, Lock RF behind LF (6:00)
- 7&8 Turn ¼ L Step L Fwd, Lock RF behind LF, ¼ Turn L Step LF Fwd (12:00)

Sequence B: the same 8 counts x 4 (12:00 - 3:00 - 6:00 - 9:00)

[1 - 8]: Syncopated Vine with Hook, Samba Rolls with Body Rolls

- 1 2&3&4 RF to side, Cross LF over RF, RF to side, Cross LF behind RF, RF to side, Hook LF
- ¹/₄ Turn L LF Fwd, ¹/₂ turn L RF Back, Cross LF over RF (body leaning Fwd) 56&
- RF back, LF to side, Touch RF next to LF (raise the upper body on 1/2 roll) 7&8

Tag facing 12:00 :

[1 -4]: Down & Up

1234 Maintain the previous position of the feet in Latin Cross (LF crossed over RF with weight) Down by bending the knees during 2 counts, Up during 2 counts

Final : on the 8th beat of sequence B from the wall 09:00 to 12:00 finish head on the left side.

Enjoy!





Wand: 1