M&M III Perfidia Tango

Count: 32

Ebene:

Choreograf/in: V. Allen L. Isidro (USA) - November 2024 Musik: Perfidia - Mantovani

Note: Music & Motion series III are for seniors using cane but would like to try without it & move on a slow routine, at least during the length of the music. Developed with the help & in memory of Mary Ann Notz (1934-2024)

Caveat: Please have a chair on the side readily available if dancer needs to hold for stability.

Set 1 Forward walk on 2 count, walk on 2 count, step, together, side, hold (SSQQS)

- 1-2-3-4 Forward L hold forward R hold
- 5-6-7-8 Forward L side R touch L next to R hold

Set 2 Walk back, walk back, coaster, hold

- 1-2-3-4 Back L- hold back R hold
- 5-6-7-8 Back L together R forward L hold

Set 3 Crossing rock steps right and left

- 1-2-3-4 Cross R recover L cross R hold
- 5-6-7-8 Cross L recover R cross L hold

Set 4 Cross, side, back, back, back, leaning back hold with "corte" arm-stretch

- 1-2-3-4 Cross R side L back R hold
- 5-6-7-8 Back L back R lean back diagonal with forward L arm & R arm-stretch back-hold

START ALL OVER





Wand: 1

d: 1