

Laroja Baila

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Arisps (INA) - March 2023

Musique: LAGU SPANYOL - LAROJA BAILA - (MUSIC TRC)

Note : No Tag , No Restart

SEC : #1: CHARLESTONE STEPS; TOUCH RF FORWARD ; TOUCH RF TO SIDE ; COASTER STEPS

1 , 2 step RF fwd , touch LF fwd
3 , 4 step LF back , touch RF back
5 , 6 touch RF fwd next to RF, touch to side
7 & 8 step RF back, close LF next to RF, step RF forward

SEC : #2 : CHARLESTONE STEPS; TOUCH LF FORWARD ; TOUCH, LF TO SIDE ; COASTER

1 , 2 step LF fwd , touch RF fwd
3 , 4 step RF back , touch LF back
5 , 6 touch LF fwd next to LF, touch to side
7 & 8 step LF back, close RF next to RF, step LF forward

SECT ; 3: FORWARD RF, 1/2 TURN LF FORWARD , COASTER STEPS, KICK BALL CHANGE; SAILOR STEP RF

1 , 2 step RF fwd , step LF fwd with 1/2 turn
3 & 4 step RF back, close LF next to RF, step RF forward
5 & 6 kick LF forward, close LF next to RF, step RF to side
7 & 8 cross RF behind LF, step LF to side, step RF to side

SECT ; 4: COASTER STEP , V STEP, PIVOT

1 & 2 1/4 turn left, step LF back, close RF next to LF, step LF forward
3 , 4 step RF diagonally forward, step LF diagonally forward,
5 , 6 step RF back to center, close LF next to RF
7 , 8 step RF forward, 1/2 turn left change weight to LF

Last Update: 1 Aug 2024