

Spokojnie

Compte: 48

Mur: 1

Niveau: Improver

Chorégraphe: Rex Allott (UK) - February 2024

Musique: Muy Tranquilo - Gramatik



Intro - 8 beats

Tag.

S1. Kick R fwd, out, triple step, sway R out, in, R kick ball step

- 1-2. Kick R fwd, out R
- 3&4. Triple step R,L,R
- 5-6. Sway R out R, return
- 7&8. Kick R fwd, return, step L next to R

S2. Kick L fwd, out, triple step, sway L out, in, L kick ball step

- 1-2. Kick L fwd, out L
- 3&4. Triple step L,R,L
- 5-6. Sway L out L, return
- 7&8. Kick L fwd, return, step R next to L

Main Dance.

S1. Step L behind R, point L heel fwd, hold, rock R fwd, L back, triple step

- 1-2. Step R to R, step L behind R
- &3-4. Step R back, point L heel diagonally fwd L, hold
- &5-6. Step L back, rock R fwd, L back
- 7&8. Triple step R,L,R

S2. Step R behind L, point R heel fwd, hold, rock L fwd, R back, triple step

- 1-2. Step L to L, step R behind L
- &3-4. Step L back, point R heel diagonally fwd R, hold
- &5-6. Step R back, rock L fwd, R back
- 7&8. Triple step L,R, L

S3. Turning 1/4 R, step R to R, 1/4 shuffle turn R, L cross mambo, R back cross mambo

- 1-2. Turning 1/4 R step R,L
- 3&4. Turning 1/4 R, shuffle R,L,R
- 5&6. Cross L over R, step L on the spot, step R next to L
- 7&8. Step R behind L, step L over R, step R next to L

S4. Turning 1/4 L, step L to L, 1/4 shuffle turn L, R cross mambo, L back cross mambo

- 1-2. Turning 1/4 L, step L,R
- 3&4. Turning 1/4 L, shuffle L,R,L
- 5&6. Cross R over L, step L on the spot, step R next to L
- 7&8. Step L behind R, step R over L, step L next to R

S5. R, L heel hook, camel walk R, L, quick 1/4 paddle turn L x2, triple step

- 1&2& Step R fwd, hook across L, step L down, hook across R
- 3&4& Step L down, step R fwd of L, pop both knees fwd, back
- 5&6& Quick 1/4 paddle turn L stepping R, L x 2
- 7&8. Triple step R,L,R

S6. L, R heel hook, camel walk L, R, quick 1/4 paddle turn R x2, triple step

- 1&2& Step L fwd, hook across L, step R down, hook across L

3&4& Step R down, step L fwd of R, pop both knees fwd, back
5&6& Quick 1/4 paddle turn R stepping L. R x 2
7&8 Triple step L,R,L

Dance half of tag (S1./ S2. alternately) after every S2. S4. & S6.
