

Pantamera

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Urban Danielsson (SWE) - January 2015
音乐: Pantamera - Cast Of The Swedish Idol 2014 : (CD: Lisa Ajax - Unbelievable)



#32 counts intro, starts on vocal (iTunes)

Section 1: □ Side, together, triple forward, side, together, triple back

1-2 Step right foot to right side, step left foot next to right
3&4 Step right foot forward, step left next to right, step right foot forward
5-6 Step left foot to left side, step right foot next to left
7&8 Step left foot back, step right foot next to left, step left foot back

Section 2: □ Rock-recover, triple forward, rock-recover, ¼ turn chassé left

9-10 Rock back onto right foot, recover weight onto left foot
11&12 Step right foot forward, step left foot next to right, step right foot forward
13-14 Rock left foot forward, recover weight onto right foot
15&16 Turn ¼ left step left to left side, step right foot next to left, step left foot to left side (9:00)

Section 3: □ Cross, back, chassé right, cross, back, chassé ¼ turn left

17-18 Cross step right foot in front of left foot, step left foot back
19&20 Step right foot to right side, step left next to right, step right foot to right side
21-22 Cross step left foot in front of right foot, step right foot back
23&24 Step left foot to left side, step right foot next to left, ¼ turn left step left foot forward (6:00)

Section 4: □ (Rock-recover, coaster step) x 2

25-26 Rock right foot forward, recover weight onto left foot
27&28 Step right foot back, step left foot next to right, step right foot forward
29-30 Rock left foot forward, recover weight onto right foot
31&32 Step left foot back, step right foot next to left, step left foot forward

RESTART and ENJOY!
