Mil Pasos (A Thousand Steps)

级数: Improver

编舞者: Martie Papendorf (SA) - January 2015

音乐: Mil Pasos - Soha: (4:06)

Start on vocals. - 1 Restart - No Tags

拍数: 32

S1: Rock R across, Recover, Side, Rock L across, Recover, Side, Rock across, Recover back ¼ right, Rock back, Recover, Touch

- 1,2& Rock R across L, Recover L back, Step R next to L,
- 3,4& Rock L across R, Recover R back Step L next to R,
- 5,6 Rock R across L, Recover L back making a 1/4 turn right,
- Rock R back, Recover L fwd, Touch R to L [3.00] 7&8

S2: Chasse right, Rock diagonal back, Recover fwd, Side ¼ right, Coaster step, Fwd shuffle

- 1&2 Step R to right side, Step L next to R, Step R to right side,
- 3&4 Cross L behind R to face left diagonal, Step R fwd, Step L to left side making a 1/4 turn right, [6.00]
- 5&6 Step R back, Step L next to R, Step R fwd,
- Step L fwd, Step R next to L, Step L fwd [6.00] 7&8

Restart here during wall 3, facing 6.00

S3: Kick, &, Touch, &, Shuffle back, Kick, & Touch, &, Chasse 1/2 left

- Kick R fwd, Step R back, Touch L behind R, 1&2
- &3&4 Step L in place, Step R back, Step L next to R, Step R back,
- 5&6 Kick L fwd, Step L back, Touch R behind L,
- Step R in place, Step L to left side making a ¼ turn left [3.00], Step R next to L, Step L fwd &7&8 making a ¼ turn left [12.00]

S4: Fwd sway, &, Sway, Back way, &, Sway, &, Rock, Recover ¼ left, Fwd ¼ left, Back ½ left, Fwd ½ left

- 1&2 Step and sway R to right diagonal, Step and sway L back, Step and sway R to right diagonal, 3&4 Step and sway L back, Step and sway R to right diagonal, Step and sway L back,
- &5&6 Step R next to L, Rock L fwd, Recover R back making a ¼ turn left [9.00], Step L fwd making a 1/4 turn left [6.00],
- 7.8 Step R back making a ¹/₂ turn left [12.00], Step L fwd making a ¹/₂ turn left [6.00]

START AGAIN

Restart during wall 3, after sec.2, facing 6.00

Contact - LinedanceInTheStrand@gmail.com YouTube-http://www.youtube.com/user/LinedanceInTheStrand

Last Update - 20th Jan 2015





墙数:2