

# Rendida

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Magi Gii (TW) - February 2015  
音乐: Rendida by Meri Rinaldi



Intro : 64 count

**[1-8] Walk/Step Fwd, Touch And Bump Hip, Walk/Step Back , Touch R And Bump Hip**

1-4            Step fwd right, left, right, Touch left toe and bump hip L,  
5-8            walk back L R L, Touch Right toe and bump hip R(12)

**[9-16] R Samba, L Samba, Step Forward, ¼ Heel Bounces , 2x 1/8 Heel Bounces**

1&2            Cross R over L, rock L to L side, recover on R  
3&4            Cross L over R, rock R to R side, recover on L  
5&6            step R fwd ¼ left lift both heels, and down  
&7            1/8 left lift both heels, and down  
&8            1/8 left lift both heels, and down(6)

**[17-24] Cross R Shuffle, Rock L side ,Recover, Cross L Shuffle turn 1/4 R, Step R fwd, Close**

1&2            Cross right over left, step left to left side, Cross right over left  
3 4            Rock L to L side, recover on R  
5&6            Cross left over right, Turn 1/4 right and step right fwd, step L fwd(9)  
7 8            Step R fwd , Step left next right.

**[25-32] Bump Hips fwd R,L,R, Bump Hips fwd L,R,L ,R fwd ,pivot turn 1/2 Left x2**

1&2            Step R toe fwd and Bump hips R, L,R  
3&4            Step L toe fwd and Bump hips L,R,L  
5 6            Step R forward,1/4 pivot turn L (6)  
7 8            Step R forward,1/4 pivot turn L(3)

Have Fun !u

Contact – Email: [michi\\_michi@kimo.com](mailto:michi_michi@kimo.com)

---