

Tranquila

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Anthony Kusanagi (INA) - June 2015
音乐: Tranquila (feat. Fat Joe) - Thalia



Pattern: A A A – B B – A A A A – B B – A A A – B B – Tag – B B – A
Start Dancing On Vocal

SECTION A: 32 Counts

A.I. HALF RUMBA BOX – HALF RUMBA BOX

1-2-3-4 R step to side, L step next to R, R step forward, hold
5-6-7-8 L step to side, R step next to L, L step forward, hold

A.II. CHARLESTON

1-2-3-4 R touch forward with sweep action, R touch backward with sweep action, R step in place, hold
5-6-7-8 L touch backward with sweep action, L touch forward with sweep action, L step in place, hold

A.III. PIVOT ¼ TO LEFT – CROSS – ¾ TURN, STEP FORWARD

1-2-3-4 R step forward, turn ¼ to left then recover to L (09.00), R cross over L, hold
5-6-7-8 turn ¼ to right then L step backward (12.00), turn ½ to right then R step forward (06.00), L
step forward, hold

A.IV. FORWARD LOCK STEP

1-2-3-4 R step forward, L step behind R, R step forward, hold
5-6-7-8 L step forward, R step behind L, L step forward, hold

SECTION B: 32 Counts

B.I. SIDE MAMBO STEP

1-2-3-4 R step to side, recover to L, R step next to L, hold
5-6-7-8 L step to side, recover to R, L step next to R, hold

B.II. PIVOT ½ TO LEFT – FULL TURN – STEP FORWARD

1-2-3-4 R step forward, turn ½ to left then L step forward (06.00), R step forward, hold
5-6-7-8 turn ½ to right then L step backward (12.00), turn ½ to right then R step forward (06.00), L
step forward, hold

B.III. BOTAFOGOS

1-2-3-4 turn 1/8 to left then R step forward (04.30), turn ¼ to right then L step to side (07.30), recover
to R, hold
5-6-7-8 L step forward, turn 1/8 left then R step to side (06.00), recover to L, hold

B.IV. WOBBLE DOWN – WOBBLE UP

1-2-3-4 hip roll to left for four times while bending down on both legs
5-6-7-8 hip roll to left for four times while standing up on both legs, recover to L on count 8

TAG: There is one Tag in this dance. The Tag will start by facing 12.00, and end by facing 06.00.

HALF TURN WALK

1-2-3-4 turn ¼ to right then R step forward (03.00), hold, turn ¼ to right then L step forward
(06.00), hold

ENJOY THE DANCE

For more information, please contact me at: anthonymld.ina@gmail.com

Last Update - 15th June 2015

