

Me Gusta Paloma

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Novice Cuban Cha Cha
编舞者: Franziska Dratwa (DE) & Carsten Oliass (DE) - June 2015
音乐: "Me Gusta Estar Viva" by Paloma San Basilio



* Album: Paloma - "De Mil Amores" (1992) / CD: Casa Musica Vol.11 – "The Latin Challenge" (1997) □

Intro: □ 16 Counts

Restarts: In Wall 2 und 7, after Count 24 , Tag with Restart: After Wall 6

[1-9]: Side Step Right, Rock Fwd, Recover, Chassé L, Hold, Together, "Syncopated Side-Together-Side" L, ¼ Turn L

1 RF Side Step right
2, 3 LF Rock forward, RF Recover
4&5 LF Side Step left, RF Step next to LF, LF Side Step left
6&7 Hold, RF Step next to LF, LF Side Step left
8&1 Hold, RF Step next to LF, ¼ Turn left to 9:00, LF Step forward

[10-17]: ½ Step Turn L, 3x Lock Step Fwd ("Three ChaChas")

2, 3 RF Step forward, ½ Turn left and transfer weight on LF (face 3:00)
4&5 RF Step forward, LF lock behind RF, RF Step forward
6&7 LF Step forward, RF lock behind LF, LF Step forward
8&1 RF Step forward, LF lock behind RF, RF Step forward

[18-25]: ¼ Step Turn R, Cross Shuffle, Sweep Fwd Cross, Chassé L

2, 3 LF Step forward, ¼ Turn right and transfer weight on RF (face 6:00)
4&5 LF Cross in front of RF, RF Step next to LF, LF Cross in front of RF
6, 7 RF Sweep from behind to forward, RF Cross in front of LF
8&1 LF Side Step left, RF Step next to LF, LF Side Step left

In wall 2 and 7: Restart after count 24

[26-32]: ¼ Rock Turn R, Recover fwd, Lock Step Fwd, Step fwd, "Sweep Turn", Cross together side

2, 3 RF Back Rock with ¼ Turn, Recover forward (face 9:00)
4&5 RF Step forward, LF Lock behind RF, RF Step forward
6, 7 LF Step forward, RF Sweep from behind to forward with ½ turn left (face 3:00)
8&1 RF Cross in front of LF, LF Step next to RF, RF Side Step right...

After wall 6: Tag, then Restart

Again from the beginning

Tag: □(2-17): Hold, Together, "Syncopated Side-Together-Side" R, Side Step R, Rock fwd, Recover, Chassé left, Hold, Together, "Syncopated Side-Together-Side" L, sway R, sway L, Chassé Right

2&3 ...Hold, LF Step next to RF, RF Side Step right
4&5 Hold, LF Step next to RF, RF Side Step right
6, 7 LF Rock forward, RF Recover
8&1 LF Side Step left, RF Step next to LF, LF Side Step left

2&3 Hold, RF Step next to LF, LF Side Step left
4&5 Hold, RF Step next to LF, LF Side Step left
6, 7 RF Sway right, LF Sway left
8&1 RF Side Step right, LF Step next to RF, RF Side Step right...

Contact: car.ol@gmx.de

