

Baila Conmigo (與我共舞) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Penny Tan (MY) & Nina Chen (TW) - 2015年09月
音乐: Katanah Baila Conmigo Dj Serpa Remix 2013



Intro: 32 counts

S1. CROSS - SIDE - 1/2 TURN R CHASSE R - CROSS - RECOVER - CHASSE L

1-2, 3&4 Cross RF over LF - Step LF to L - 1/2 turn R (6:00) step RF to R - Step LF beside RF - Step RF to R
5-6, 7&8 Cross LF over RF - Recover onto RF - Step LF to L - Step RF beside LF - Step LF to L
1-2, 3&4 右足前跨 - 左足左踏 - 右轉1/2 (6:00) 右足右踏 - 左足併於右足旁 - 右足右踏
5-6, 7&8 左足前跨 - 重心回右足 - 左足左踏 - 右足併於左足旁 - 左足左踏

S2. . CROSS - SIDE - 1/2 TURN R COASTER STEP - SIDE ROCK - RECOVER - TOGETHER - SIDE ROCK - RECOVER - TOGETHER

1-2, 3&4 Cross RF over LF - Step LF to L - 1/2 turn R (12:00) step RF back - Step LF beside RF - Step RF fwd
5-6&,7-8& Rock LF to L - Recover onto RF - Step LF beside RF - Rock RF to R - Recover onto LF - Step RF beside LF
1-2, 3&4 右足前跨 - 左足左踏 - 右轉1/2 (12:00) 右足後踏 - 左足併於右足旁 - 右足前踏
5-6&, 7-8& 左足左下沉 - 重心回右足 - 左足併於右足旁 - 右足右下沉 - 重心回左足 - 右足併於左足旁

S3. WALK FWD (L R) - FWD ROCK - RECOVER - 1/4 TURN L SIDE - CROSS - RECOVER - BACK SHUFFLE

1-2, 3&4 Step LF fwd - Step RF fwd - Rock LF fwd - Recover onto RF - 1/4 turn L (9:00) step LF to L
5-6, 7&8 Cross RF over LF - Recover onto LF - Back Shuffle (R L R)
1-2, 3&4 左足前踏 - 右足前踏 - 左足前下沉 - 重心回右足 - 左轉1/4 (9:00) 左足左踏
5-6, 7&8 右足前踏 - 重心回左足 - 後交換步 (右 左 右)

S4. CROSS - BACK - 1/4 TURN L FWD SHUFFLE - PIVOT 1/2 TURN L.(2X)

1-2, 3&4 Cross LF over RF - Step RF back - 1/4 turn L (6:00) fwd shuffle (L R L)
5-8 Step RF forward - Pivot 1/2 turn L (12:00) - Step RF forward - Pivot 1/2 turn L (6:00)
1-2, 3&4 左足前踏 - 右足後踏 - 左轉1/4 (6:00) 前交換步 (左 右 左)
5-8 右足前踏 - 向左踏轉1/2 (12:00) - 右足前踏 - 向左踏轉1/2 (6:00)

S5. WALK FWD (R L) - FWD SHUFFLE - ROCK FWD - RECOVER - BACK SHUFFLE

1-2, 3&4 Step RF fwd - Step LF fwd - Fwd shuffle (R L R)
5-6, 7&8 Rock LF fwd - Recover onto RF - Back shuffle (L R L)
1-2, 3&4 右足前踏 - 左足前踏 - 前交換步 (右 左 右)
5-6, 7&8 左足前下沉 - 重心回右足 - 後交換步 (左 右 左)

S6. BACK SHUFFLE - 1/2 UNWIND TURN L - ROCKING CHAIR

1&2, 3-4 Back shuffle (R L R) - Touch LF behind RF making 1/2 unwind turn L (12:00) (weight on LF)
5-8 Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF
1&2, 3-4 後交換步 (右 左 右) - 左足點於右足後向左勾轉1/2 (12:00) 重心回左足
5-8 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足

S7. BOTAFOGO - CROSS - SIDE - SAILOR STEP

1&2, 3&4 Cross RF over LF - Step LF to L - Step RF in place - Cross LF over RF - Step RF to R - Step LF in place
5-6, 7&8 Cross RF over LF - Step LF to L - Cross RF behind LF - Step LF to L - Step RF to R
1&2, 3&4 右足前跨 - 左足左踏 - 右足原地踏 - 左足前跨 - 右足右踏 - 左足原地踏

5-6, 7&8 右足前跨 - 左足左踏 - 右足後跨 - 左足左踏 - 右足右踏

S8. BOTAFOGO - CROSS - SIDE - SAILOR TURN 1/4 L

1&2, 3&4 Cross LF over RF - Step RF to R - Step LF in place - Cross RF over LF - Step LF to L - Step RF in place

5-6, 7&8 Cross LF over RF - Step RF to R - Cross LF behind RF - 1/4 turn L step RF to R - Step LF fwd

1&2, 3&4 左足前跨 - 右足右踏 - 左足原地踏 - 右足前跨 - 左足左踏 - 右足原地踏

5-6, 7&8 左足前跨 - 右足右踏 - 左足後跨 - 左轉1/4 右足右踏 - 左足前踏

Have Fun & Happy Dancing!

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