

# La Pizzica

拍数: 32                      墙数: 1                      级数: Improver  
编舞者: Russell Breslauer (USA) - September 2013  
音乐: La Pizzica dance music  
    或: La sposa me - Roby Santini  
    或: Lu Core Meu



---

This is a fast dance. and is better with flicks instead of lifts.

Start on the vocals and dance through the music pause for La Sposa Me

## STEP LIFT STEP LIFT, SIDE SHUFFLE X 2 (Right and Left)

1&2&                      Step Right Lift (or flick back) left, Left lift (or flick back) right  
3&4                        Shuffle step to right, Right, Left, Right  
5 – 6                      Step Right Lift (or flick back) left, Left lift (or flick back) right  
7 & 8                      Shuffle step to left, Left, Right, Left

## TOE HEEL, CROSS AND CROSS X 2

9 – 10                    Touch Right toe in back, then Right heel in front  
11&12                    Cross the Right foot in front of the left, step on Left, cross Right in front of left  
13 – 14                   Touch Left toe in back , then Left heel in front  
15 & 16                   Cross the Left foot in front of the right, step on Right foot, cross Left in front of right

## ROCK BACK, RECOVER SHUFFLE FWD, ROCK FORWARD, RECOVER, SHUFFLE BACK

17 – 18                   Rock back on Right, recover on Left (more interesting with flicks as back flick, forward flick as 17&18&)  
19 & 20                   Step forward on Right, step together with Left, step forward with Right  
21 – 22                   Rock forward on Left, recover on Right (more interesting with flicks as back flick, forward flick as 21&22&)  
23 & 24                   Step back on Left, step Right beside left, step Left back

## STEP ½ TURN SHUFFLE X 2

25 – 26                   Step Right foot forward, ½ pivot turn left on Left (again is better with added lifts or flicks back)  
                                 An easier option is two quarter turns.  
27 & 28                   Step in place on Right, Left, Right  
29 – 30                   Step Left foot forward, ½ pivot turn left on Right  
31 & 32                   Step in place on Left, step Right beside left, step Left back

REPEAT to end

Contact: BreslauerDanceSF@Yahoo.com

Revised: 9-21-2015

---