

De Luna

拍数: 112 墙数: 2 级数: Phrased Intermediate
编舞者: Malene Jakobsen (DK) & Anja Bach Christensen (DK) - April 2016
音乐: Push Push (feat. Akon) - Kat DeLuna : (iTunes)



Intro: 32 counts, 15 sec. into track - dance begins with weight on L

Restart: There is a Restart third time you do B after 32 counts 6.00

Note: A is always done to the front and B always starts at 6.00

Sequence: AB AB A B with Restart B, dance finishes at 12.00

Ending: After the kick on count 64 in B part : On count 1 step long step back on R dragging L towards R

Part A: 48 counts

A[1-8] Walk back, 1/4, point, 1/4, sweep 1/4, cross, hitch

- 1-2 (1-2) Walk back. R, L 12.00
- 3-4 (3) Turn 1/4 R stepping R to R, (4) point L to L 3.00
- 5-6 (5) Turn 1/4 L stepping fwd. on L sweeping R, (6) continue to sweep another 1/4 L 9.00
- 7-8 (7) Cross R over L, (8) hitch L diagonally L 9.00

A[9-16] Behind, 1/4, walk fwd., fwd. rock, long step back, drag

- 1-2 (1) Cross L behind R, (2) turn 1/4 R stepping fwd. on R 12.00
- 3-4 (3-4) Walk fwd. L, R 12.00
- 5-6 (5) Rock fwd. on L, (6) recover onto R 12.00
- 7-8 (7) Take long step back on L, (8) drag R heel towards L 12.00

A[17-24] Back rock, 1/4, behind, side, fwd., long step fwd., hold

- 1-2-3 (1) Rock back on R, (2) recover onto L, (3) turn 1/4 L stepping R to R side 9.00
- 4-5 (4) Cross L behind R, (5) step R to R 9.00
- 6-7-8 (6) Step fwd. on L, (7) take long step fwd. on R, (8) hold 9.00

A[25-32] Mambo 1/4, weave, side, drag

- 1-2-3 (1) Rock fwd. on L, (2) recover onto R, (3) turn 1/4 L stepping L to L 6.00
- 4-5-6 (4) Cross R over L, (5) step L to L, (6) cross R behind L 6.00
- 7-8 (7) Take long step L stepping L to L, (8) drag R towards L 6.00

A[33-40] Press & sway, sway, back rock, shuffle 1/4

- 1-2 (1-2) Put hands on hips & press ball of R to R swaying R hip 6.00
- 3-4 (3-4) Sway L hip L over 2 counts – weight is on L (arms down again) 6.00
- 5-6 (5) Rock back on R, (6) recover onto L 6.00
- 7&8 (7) Turn 1/4 R stepping fwd. on R, (&) step L next to R, (8) step fwd. on R 9.00

A[41-48] 1/4 sway, sway, back rock, shuffle 1/4 back

- 1-2 (1-2) Put hands on hips & turn 1/4 R pressing ball of L to L swaying L hip 12.00
- 3-4 (3-4) Sway R hip over 2 counts – weight is on R (arms down again) 12.00
- 5-6 (5) Rock back. on L, (6) recover onto R 12.00
- 7&8 (7) Turn 1/4 R stepping back on L, (&) step R next to L (8) step back on L 3.00

Part B: 64 counts

B[1-8] Turn 1/4 R stepping R to R stretching R arm fwd. as if you're pushing someone away R palm facing fwd., stretch L arm fwd. as if you're pushing someone away L palm facing fwd., place L hand on top of R placing them in front of your heart, lift both hands from your heart, place in front of your heart again (it's gonna

look like showing a heartbeat), back rock, side, touch

- 1-2 (1) Turn 1/4 R stomping R to R stretching R arm fwd. palm facing fwd., (2) stretch L arm fwd. palm facing fwd. 6.00
- 3 (3) Bring R hand in front of your heart placing L hand on top of R not touching your body 6.00
- &4 (&) Remove hands slightly away from your body, (4) bring them close to your heart again 6.00
- 5-6 (5) Rock back on L (no more arms), (6) recover onto R 6.00
- 7-8 (7) Step L to L, (8) touch R next to L 6.00

B[9-16] Side, hold, ball side, touch, side hold, ball side, touch

- 1-2 (1) Step R to R, (2) hold 6.00
- &3-4 (&) Step L next to R, (3) step R to R, (4) touch L next to R 6.00
- 5-6 (5) Step L to L, (6) hold 6.00
- &7-8 (&) Step R next to L, (7) step L to L, (8) touch R next to L 6.00

B[17-24] Step R to R stretching R arm fwd. as if you're pushing someone away R palm facing fwd., stretch L arm fwd. as if you're pushing someone away L palm facing fwd., place L hand on top of R placing them in front of your heart, lift both hands from your heart, place in front of your heart again (it's gonna look like showing a heartbeat), back rock, side, touch

- 1-2 (1) Turn 1/4 stomping R to R stretching R arm fwd. palm facing fwd., (2) stretch L arm fwd. palm facing fwd. 6.00
- 3 (3) Bring R hand in front of your heart placing L hand on top of R not touching your body 6.00
- &4 (&) Remove hands slightly away from your body, (4) bring them close to your heart again 6.00
- 5-6 (5) Rock back on L (no more arms), (6) recover onto R 6.00
- 7-8 (7) Step L to L, (8) touch R next to L 6.00

B[25-32] Side, hold, ball side, touch, side hold, ball side, touch

- 1-2 (1) Step R to R, (2) hold 6.00
- &3-4 (&) Step L next to R, (3) step R to R, (4) touch L next to R 6.00
- 5-6 (5) Step L to L, (6) hold 6.00
- &7-8 (&) Step R next to L, (7) step L to L, (8) touch R next to L 6.00

NOTE: The restart in B is here third time you do B, you'll face 6.00

B[33-41] Side, behind, side, cross, side, back rock, 1/4, 1/2

- 1 (1) Step R to R 6.00
- 2&3-4 (2) Cross L behind R, (&) step R to R, (3) cross L over R, (4) step R to R 6.00
- 5-6 (5) Rock back on L, (6) recover onto R 6.00
- 7-8-1 (7) Turn 1/4 R stepping back on L, (8) turn 1/2 R stepping fwd. on R 3.00

B[42-48] Fwd., hold, ball step, 1/4, hold, ball side, kick

- 1-2&3 (1) Step fwd. on L, (2) hold, (&) step R next to L, (3) step fwd. on L 3.00
- 4-5-6 (4) Step fwd. on R, (5) turn 1/4 L, (6) hold 12.00
- &7-8 (&) Step R next to L, (7) step L to L, (8) kick R fwd. 12.00

B[49-56] Cross, hold, back, back, kick, cross, hold, back, cross (these steps are traveling backwards)

- 1-2&3 (1) Cross R over L, (2) hold, (&) step back on L, (3) step back on R 12.00
- 4-5-6 (4) Kick L fwd., (5) cross L over R, (6) hold 12.00
- &7-8 (&) Step back on R, (7) step L to L, (8) cross R over L 12.00

B[57-64] Side, hold, ball cross, side rock, hold, ball step, kick

- 1-2&3 (1) Step R to R, (2) hold, (&) step R next to L, (3) cross L over R 12.00
- 4-5-6 (4) Rock R to R, (5) recover onto L, (6) hold 12.00
- &7-8 (&) Step R next to L, (7) step fwd. on R, (8) kick R fwd. 12.00

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