

# Traidora AB

拍数: 64                      墙数: 4                      级数: Phrased Intermediate  
编舞者: Ernie Yin (INA) - July 2016  
音乐: Traidora (feat. Marc Anthony) - Gente de Zona



Intro : 32 Counts - Sequence : A, Tag1, B,B,B, A, Tag2, B,B,B, A(16)

## Part A: 32 counts

### A1: WALK – FORWARD SHUFFLE – ½ R PIVOT- STEP FORWARD – FULL TURN LEFT

1 2                      Walk Forward In Rf –Lf  
3 & 4                      Forward Shuffle Rf-Lf-Rf  
5 & 6                      Step Lf Forward – Turn ½ Right Step On Rf – Step Lf Forward  
7 & 8                      Turn ½ Left Step Rf Back – Turn ½ Left Step Lf Forward – Step Rf Forward ( 06.00 )

### A2: FORWARD & BACK MAMBO – SIDE MAMBO

1 & 2                      Step Lf Forward – Recover On Rf – Step Lf Back  
3 & 4                      Step Rf Back – Recover On Lf – Step Rf Forward  
5 & 6                      Step Lf To Side – Recover On Rf – Step Lf Beside Rf  
7 & 8                      Step Rf To Side – Recover On Lf – Step Rf Beside Lf ( 06.00 )

### A3: BOTAFOGO L & R – TURN ¼ LEFT – COASTER STEP

1 a 2                      Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place  
3 a 4                      Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place  
5 & 6                      Step Lf Cross Over Rf – Turn ¼ Left Step Rf Back – Step Lf Back  
7 & 8                      Step Rf Back – Step Lf Beside Rf – Step Rf Forward ( 09.00 )

### A4: BOTAFOGO L & R – TURN ¼ LEFT – COASTER STEP

1 a 2                      Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place  
3 a 4                      Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place  
5 & 6                      Step Lf Cross Over Rf – Turn ¼ Left Step Rf Back – Step Lf Back  
7 & 8                      Step Rf Back – Step Lf Beside Rf – Step Rf Forward ( 12.00 )

## Part B: 32 counts

### B1: CROSS & SIDE ROCK – BOTAFOGO 2X

1 &                      Step Rf Cross Over Lf – Recover On Lf  
2 &                      Step Rf To Side – Recover On Lf  
3 a 4                      Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place  
5 &                      Step Lf Cross Over Rf – Recover On Rf  
6 &                      Step Lf To Side – Recover On Rf  
7 a 8                      Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place ( 12.00 )

### B2: ½ SAMBA DIAMOND – SYNCOPATED CROSSES

1 a                      Step Rf Cross Over Lf – Step Lf To Side  
2 a                      Turn 1/8 Right Step Rf Back – Hitch Lf ( 01.30 )  
3 a 4                      Step Lf Back – Turn 1/8 Right Step Rf To Side – Turn 1/8 Right Step Rf Forward ( 04.30 )  
5 &                      Turn 1/8 Right Step Rf Cross Over Lf – Step Lf Slightly To Side  
6 &                      Step Rf Cross Over Lf – Step Lf Slightly To Side  
7 & 8                      Step Rf Cross Over Lf – Step Lf Slightly To Side= Step Rf Cross Over Lf

### B3: SIDE ROCK & FORWARD 2X – MAMBO HITCH – COASTER STEP

1 a 2                      Step Lf To Side – Recover On Rf – Step Lf Forward  
3 a 4                      Step Rf To Side – Recover On Lf – Step Rf Forward  
5 &                      Step Lf Forward – Recover On Rf –  
6 &                      Step Lf Back - Hitch Rf

7 & 8 Step Rf Back – Step Lf Beside Rf – Step Rf Forward

**B4: BOTAFOGO 2X – ¼ TURN LEFT VOLTA**

1 a 2 Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place  
3 a 4 Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place  
5 & Step Lf Forward – Turn 1/8 Left Lock Rf Behind Lf  
6 & Turn 1/8 Step Lf Forward - Turn 1/8 Left Lock Rf Behind Lf  
7 & Turn 1/8 Step Lf Forward - Turn 1/8 Left Lock Rf Behind Lf  
8 Turn 1/8 Step Lf Forward

**Tag 1 :**

1 4 Step Lf Forward Raise Hands To Top From Side Of Body  
5 6 Bring Down Hands Till Shoulder High  
7 & 8 Roll Shoulders

**Tag 2 :**

1 2 Step Lf Forward Raise Hands Till Shoulders High  
3 & 4 Roll Shoulders

**Enjoy The Dance !!!!!**

**Contact: [ernie.yin@gmail.com](mailto:ernie.yin@gmail.com)**

**Last Update – 25th April 2017**

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