

El Alma

拍数: 64 墙数: 4 级数: Intermediate
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音乐: "El Alma" by Panteon Rococo



Info: □start 64 counts

[1 – 8] Vine, Scuff (2x)

1 – 4 Step R to side (1), step L behind R (2), step R to side (3), scuff L fwd. (4)
5 – 8 Step L to side (5), step R behind L (6), step L to side (7), scuff R fwd. (8)

[9 – 16] Step, Touch, (Back, Kick) 3x

1 – 2 Step R fwd. (1), touch L behind R (2)
3 – 4 Step L back (3), kick R fwd. (4)
5 – 8 Step R back (5), kick L fwd. (6), step L back (7), kick R fwd. (8)

[17 – 24] Rock Back, Cross Rock, Chassé, Cross Rock

1 – 4 Rock R back (1), recover (2), rock R across L (3), recover to L (4)
5 & 6 Step R to side (5), step L next to R (&), step R to side (6)
7 – 8 Rock L across R (7), recover to R (8)

[25 – 32] Chassé, Jazz Box 1/4, Side-Together

1 & 2 Step L to side (1), step R next to L (&), step L to side (2)
3 – 6 Step R across L (3), 1/4 R stepping L back (4), step R to side (5), step L across R (6)
7 – 8 Step R to side (7), step L next to R (8)

[33 – 40] Step Fwd., Hold, Side-Together-Back, Hold, Rock Back

1 – 2 Step R fwd. (1), hold (2)
3 – 6 Step L to side (3), step R next to L (4), step L back (5), hold (6)
7 – 8 Rock R back (7), recover to L (8)

[41 – 48] Shuffle Diagonal Fwd. (2x), Shuffle Diagonal Back (2x)

1 & 2 Step R diag. fwd. (1), step L next to R (&), step R diag. fwd. (2)
3 & 4 Step L diag. fwd. (3), step R next to L (&), step L diag. fwd. (4)
5 & 6 Step R diag. back (5), step L next to R (&), step R diag. back (6)
7 & 8 Step L diag. back (7), step R next to L (&), step L diag. back (8)

[49 – 56] Vine, Touch (2x)

1 – 4 Step R to side (1), step L behind R (2), step R to side (3), touch L next to R (4)
5 – 8 Step L to side (5), step R behind L (6), step L to side (7), touch R next to L (8)

[57 – 64] Monterey Turn

1 – 4 Point R to side (1), 1/4 R stepping R next to L (2), point L to side (3), step L next to R (4)
5 – 8 Point R to side (5), 1/4 R stepping R next to L (6), point L to side (7), step L next to R (8)

Tag: Dance wall 4 up to count 8 and add Cook Cook 6x:
Right Kick Fwd and back. □

Tag + Restart: Dance wall 5 up to count 30 and Step L fwd. (7), Touch R next to L (8)

Restart: Dance wall 10 up to count 56 and restart

Questions: time2linedance@gmail.com

