

Ciao Adios

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Linda Burgess (AUS) - March 2017
音乐: Ciao Adios - Anne-Marie : (Single - iTunes)



Intro: 16 counts.. start with the strong beat

{1-8} Skate, skate, hip x 3, skate, skate, hip x 3

1,2,3&4 Skate fwd R, skate fwd L, step fwd R & push R hip fwd, push L hip back, push R hip fwd
5,6,7&8 Skate fwd L, skate fwd R, step fwd L & push L hip fwd, push R hip back, push L hip fwd -
12.00

{9-16} Mambo fwd, mambo back, pivot ½ L, walk, walk

1&2,3&4 Step/rock fwd R, replace weight to L, step back R, step/rock back L, replace weight to R, step
fwd L
5,6,7,8 Step fwd R, pivot ½ turn L, walk fwd R, L - 6.00

{17-24} Extended cross shuffle to L, ¼ R & extended lock/shuffle fwd

1&2&3&4 Cross R over L, step L to L, cross R over L, step L to L, cross R over L, step L to L, cross R
over L
5&6&7&8 Turn ¼ R & step fwd L, lock/step R behind L, step fwd L, lock/step R behind L, step fwd L,
lock/step R behind L, step fwd L □ - 9.00

**{25-32} Step fwd, ¼ R & side touch, ¼ L step, ¼ L touch side, step/ball/step/ball step (turning 360R),
hop/hitch**

1,2,3,4 Step fwd R, turn ¼ R & touch L to L side, ¼ L & step down on L, ¼ turn L & touch R to R side
- 6.00
5&6&7,8 Turn ¼ R & step down on R, touch L ball of foot behind R, ¼ turn R & step fwd R, touch L
ball of foot behind R, turn ¼ R & step fwd R, turn ¼ R & step/hop on L & hitch R - 6.00

{33-40} Back/lock shuffle, ½ L & fwd/lock shuffle, ¼ L side/hip rocks R, L, R, L

1&2,3&4 Step back R, lock L in front of R, Step back R, turn ½ L & step fwd L, lock/step R behind L,
step fwd L
5,6,7,8 Turn ¼ L & step/rock to R & push hips R, rock to L & push hips L, rock to R & push hips R,
rock to L & push hips L (bend knees as you rock from one foot to the other) - 9.00

{41-48} Cross samba, cross samba ¼ L, pivot ½ L, rock/fwd, back/hitch

1&2,3&4 Cross/step R over L, step/rock L to L, replace weight to R, cross/step L over R, step/rock R to
R, turn ¼ L & replace weight to L
5,6,7,8 Step fwd R, pivot ½ turn L, rock/step fwd R (lift L slightly off floor), hop/step back L & hitch R -
12.00 ##

{49-56} Step fwd, ¼ R samba cross, cross shuffle, R sailor, L sailor

1&2,3&4 Step fwd R, turn ¼ R & rock/step L to L, replace weight to R, cross/step L in front of R, step R
to R, cross/step L in front of R
5&6,7&8 Step down on R (behind L), step L to L, replace weight to R, cross/step L behind R, step R to
R, step L in place - 3.00

{57-64} Cross, hold, cross, hold, ¼ L shuffle fwd, step, pivot ½ L

1,2&3,4 Cross/step R over L, hold, step L to L, cross/step R over L, hold
5&6,7,8 Turn ¼ L & step fwd L, step R beside L, step fwd L, step fwd R, pivot ½ turn L - 6.00

Restart: Wall 2. Dance counts 1-48 then Restart facing the back (6.00). ##

Ending: Dance counts 1-31, (then step fwd L to front-32, arms up!)

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