

Mars Abril

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: That's What I Like - Bruno Mars



Sequence: AAA BB AAA BB AA BB

Part A: 32 counts

A[1-8] STEP, LOCK, STEP, TOUCH (RIGHT+LEFT)

1-2 Step Right forward diagonally right, Cross left behind right
3-4 Step Right forward diagonally right, Touch right together
5-6 Step Left forward diagonally left, Cross right behind left
7-8 Step Left forward diagonally left, Touch left together

A[9-16] SWIVEL, HEEL, TOGETHER (RIGHT+LEFT)

9-10 Swivel with heels to right, Swivel with heels to center
11-12 Touch right heel forward, Step right beside left
13-14 Swivel with heels to left, Swivel with heels to center
15-16 Touch left heel forward, Step left beside right

A[17-24] STEP, TOUCH WITH SNAP (RIGHT+LEFT), VINE

17-18 Step right diagonally back to right, touch left together and snaps
19-20 Step left diagonally back to left, touch right together and snaps
21-22 Step right to right, Cross left behind right
23-24 Step right to right, Brush left beside right

A[25-32] STEP, CLAP, ½ TURN, CLAP, OUT, OUT, IN, IN

25-26 Step left forward, Clap
27-28 ½ turn to right, Clap
29-30 Heel left forward moving toe left to left, Heel right forward moving toe to right
31-32 Step left back, Step right back beside right

Part B: 32 counts

B[1-8] STEP, SLIDE, MAMBO STEP, HOLD

1-4 Large step right to right side (open arms), Slip left foot until right foot in 3 counts (close arms and snap in last count)
5-6 Rock forward on left, Return onto right (open arms backward)
7-8 Step left beside right (close arms and snap), Hold

B[9-16] STEP, SLIDE, MAMBO STEP, HOLD

9-12 Large step left to left side (open arms), Slip right foot until left foot in 3 counts (close arms and snap in last count)
13-14 Rock forward on right, Return onto left (open arms backward)
15-16 Step left beside right (close arms and snap), Hold

B[17-24] TWIST TO RIGHT, DOWN, UP, ARMS MOVEMENTS, HOLD

17-18 Twist both toes to right (move the arms to down and left making the wave down), Twist both heels to right (move the arms to up and right making the wave up)
19-20 Twist both toes to right (move the arms to down and left making the wave down), Bend knees down right diagonal (move the arms forward making the wave down)
21-22 Raise the body (move the arms making the wave up), Looking to the left stretch the left arm to the left diagonal put the right hand behind the head

23-24 Looking to the right stretch the right to right diagonal and put the left hand behind the head, Hold

B[25-32] TWIST TO LEFT, DOWN, UP, HOLD, TURN

25-26 Twist both toes to left (move the arms to down and right making the wave down), Twist both heels to left (move the arms to up and left making the wave up)

27-28 Twist both toes to left (move the arms to down and right making the wave down), Bend knees down left diagonal (move the arms forward making the wave down)

29-30 Raise the body (move the arms making the wave up), Hold

31-32 Cross right under left, Full turn to left

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canal youtube Gabi Ibañez: <https://www.youtube.com/channel/UCMDUW5iC5kISTPLtJ2m7r8Q>
