

Nota de Amor

拍数: 80 墙数: 2 级数: Phrased Improver
编舞者: Hotma Tiarma Purba (INA) & Wandy Hidayat (INA) - November 2017
音乐: Nota de Amor (feat. Daddy Yankee) - Wisin & Carlos Vives



Sequence: A-B-B-B-B(32)-A-B
Dance begins on main vocal

A (32 count)

AI. FORWARD-BACKWARD-SWEEP-VINE-SWEEP

1-2 Step R forward, recover on L
3-4 Step R backward, sweep L from front to back.
5-6 Cross L behind R, step R to right side
7-8 Cross L over R, sweep R from back to front

AII. VINE-SWEEP-ROCK BACK-FORWARD WALK

1-2 Cross R over L, step L to left side
3-4 Cross R behind L, sweep L from front to back
5-6 Step L backward, recover on R
7-8 Step L forward, step R forward

AIII. FORWARD-BACKWARD-SWEEP-VINE-SWEEP

1-2 Step L forward, recover on R
3-4 Step L backward, sweep R from front to back
5-6 Cross R behind L, step L to left side
7-8 Cross R over L, sweep L from back to front

AIV. VINE-SWEEP-ROCK BACK-FORWARD WALK

1-2 Cross L over R, Step R to right side
3-4 Cross L behind R, sweep R from front to back
5-6 Step R backward, recover on L
7-8 Step R forward, step L forward

B (48 count)

BI. MAMBO-CROSS BACK MAMBO

1&2 Step R forward, recover on L, step R backward
3&4 Step L Backward, recover on R, step L forward
5&6 Cross R behind L, recover on L, step R to right side
7&8 Cross L behind R, recover on R, step L to left side

BII. BOTAFOGO-FORWARD-3/4 TURN L-SIDE-DRAG

1&2 Cross R over L, step L to left side, step R in place
3&4 Cross L over R, step R to right side, step L in place
5&6 Step R forward, pivot 1/2 turn L
7&8 1/4 turn L and step R to right side, drag and close L beside R (03.00)

BIII. MAMBO-CROSS BACK MAMBO

1&2 Step R forward, recover on L, step R backward
3&4 Step L Backward, recover on R, step L forward
5&6 Cross R behind L, recover on L, step R to right side
7&8 Cross L behind R, recover on R, step L to left side

BIV. BOTAFOGO-FORWARD-3/4 TURN L-SIDE-DRAG

1&2 Cross R over L, step L to left side, step R in place
3&4 Cross L over R, step R to right side, step L in place
5&6 Step R forward, pivot ½ turn L
7&8 ¼ turn L and step R to right side, drag and close L beside R (06.00)

BV. FORWARD WALK-CROSS SHUFFLE-ROCK BACK-FLICK

1-2 Step R forward, step L forward
3&4 Cross R over L, step L to left side, cross R over L
5&6 Cross L over R, step R to right side, cross L over R
7-8 1/8 turn left and jump R to back and lift L diagonal, step L forward and flick R

BVI. PADDLE TURN LEFT 4X-HIPBUMP-FLICK-HIPBUMP-FLICK

1&2&3&4 Step forward on ball of R, pivot turn left 4x (06.00)
5&6 Hip bump R-L-R and flick
7&8 Hip bump L-R-L and flick

Enjoy the dance and happy dancing.

For more information, please kindly contact me on: hottiepurba@yahoo.com

Last Update - 24th Nov. 2017
