

Senorita Bonita (漂亮的小姐) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Nina Chen (TW) - 2018年03月
音乐: Señorita Bonita - Engelbert Humperdinck



Intro: 32 counts

Sequence: A, A/B, Tag, B, B(16), Tag/ A, A/ B, Tag, B, B(16), Tag/ B, B, B, B(28)

Part A: (32 counts)

A1: SIDE ROCK - RECOVER, CHA CHA , HIP ROLL , BUMP HIPS

1-2, 3&4 Rock RF to R - Recover on LF, Step RF beside LF - Step LF inplace - Step RF inplace
5-6, 7&8 Roll L hips from L to R in a big circle (2 counts), Bump hips (L R L)
1-2, 3&4 右足右下沉 - 重心回左足, 右足併踏左足旁 - 左足原地踏 - 右足原地踏
5-6, 7&8 左臀由左至右畫一個大圈(兩拍), 推臀(左 右 左)

A2: SIDE - TOGETHER, BACK SHUFFLE, SIDE - TOGETHER, FWD SHUFFLE

1-2, 3&4 Step RF to R - Step LF beside RF, Back shuffle (R L R)
5-6, 7&8 Step LF to L - Step RF beside LF, Fwd shuffle (L R L)
1-2, 3&4 右足右踏 - 左足併踏右足旁, 後交換步(右 左 右)
5-6, 7&8 左足左踏 - 右足併踏左足旁, 前交換步(左 右 左)

A3: CROSS - SIDE, BEHIND - 1/4 L FWD - FWD, FWD - RECOVER, COASTER STEP

1-2, 3&4 Cross RF over LF - Step LF to L, Cross RF behind LF - 1/4 turn L (9:00) step LF fwd - Step RF fwd
5-6, 7&8 Step LF fwd - Recover on RF, Step LF back - Step RF beside LF - Step LF fwd
1-2, 3&4 右足前踏 - 左足左踏, 右足後跨 - 左轉1/4 (9:00) 左足前踏 - 右足前踏
5-6, 7&8 左足前踏 - 重心回右足, 左足後踏 - 右足併踏左足旁 - 左足前踏

A4: FWD - RECOVER, FWD SHUFFLE 3/4 R, SIDE ROCK - RECOVER, CHA CHA

1-2, 3&4 Step RF fwd - Recover on LF, Fwd shuffle (R L R) 3/4 turn R (6:00)
5-6, 7&8 Rock LF to L - Recover on RF, Step LF beside RF - Step RF inplace - Step LF inplace
1-2, 3&4 右足前踏 - 重心回左足, 前交換步(右 左 右) 向右轉 3/4 (6:00)
5-6, 7&8 左足左下沉 - 重心回右足, 左足併踏右足旁 - 右足原地踏 - 左足原地踏

Part B : (32 counts)

B1: SIDE - TOGETHER - SIDE - TOUCH (R&L)

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF slightly opened to side bump hip
5-8 Step LF to L - Step RF beside LF - Step LF to L - Touch RF slightly opened to side bump hip
1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足稍微在旁側點推臀
5-8 左足左踏 - 右足併踏左足旁 - 左足左踏 - 右足稍微在旁側點推臀

B2: FWD - RECOVER, COASTER STEP, FWD - RECOVER, 1/2 L COASTER CROSS

1-2, 3&4 Step RF fwd - Recover on LF, Step RF back - Step LF beside RF - Step RF fwd
5-6, 7&8 Step LF fwd - Recover on RF, 1/2 turn L (6:00) step LF back - Step RF beside LF - Cross LF over RF
1-2, 3&4 右足前踏 - 重心回左足, 右足後踏 - 左足併踏右足旁 - 右足前踏
5-6, 7&8 左足前踏 - 重心回右足, 左轉1/2 (6:00) 左足後踏 - 右足併踏左足旁 - 左足前踏

B3: SIDE - TOGETHER - SIDE - TOUCH (R&L)

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF slightly opened to side bump hip
5-8 Step LF to L - Step RF beside LF - Step LF to L - Touch RF slightly opened to side bump hip

1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足稍微在旁側點推臀
5-8 左足左踏 - 右足併踏左足旁 - 左足左踏 - 右足稍微在旁側點推臀

B4: FWD PIVOT 1/4 L (x2), JAZZ BOX

1-4 Step RF fwd - Pivot 1/4 L (3:00) weight on LF - Step RF fwd - Pivot 1/4 L (12:00) weight on LF
5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
1-4 右足前踏 - 向左踏轉 1/4 (3:00) 重心回左足 - 右足前踏 - 向左踏轉 1/4 (12:00) 重心回左足
5-8 右足前踏 - 左足後踏 - 右足右踏 - 左足前踏

Tag : (4 counts)

SIDE - TOUCH (R&L)

1-4 Step RF to R - Touch LF slightly opened to side bump hip - Step LF to L - Touch RF slightly opened to side bump hip
1-4 右足右踏 - 左足稍微在旁側點推臀 - 左足左踏 - 右足稍微在旁側點推臀

Have Fun & Happy Dancing !!!

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