

Baila Baila (Dance Dance) (熱衷跳舞)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Nina Chen (TW) - 2018年05月
音乐: Dj Samuel Kimko - Baila Baila



Intro: 32 counts - No Tag ! No Restart !!

Sec1: (R&L) DIAGONAL FWD SHUFFLE, BOTAFOGO

1&2, 3&4 R diagonal fwd shuffle (R L R), L diagonal fwd shuffle (L R L)
5&6, 7&8 Cross RF over LF - Step LF to L - Step RF in place, Cross LF over RF - Step RF to R - Step LF in place
1&2, 3&4 右斜前交換步 (右 左 右), 左斜前交換步 (左 右 左)
5&6, 7&8 右足前跨 - 左足左踏 - 右足原地踏, 左足前跨 - 右足右踏 - 左足原地踏

Sec2: MAMBO 1/2 R, FWD SHUFFLE, CORTA JACA

1&2, 3&4 Rock RF fwd - Recover on LF - 1/2 turn R (6:00) step RF fwd, Fwd shuffle (L R L)
5&6&, 7&8& Rotation R heel fwd - Recover on LF - Touch R toe back - Recover on LF, Rotation R heel fwd - Recover on LF - Touch R toe back - Recover on LF
1&2, 3&4 右足前下沉 - 重心回左足 - 右轉1/2 (6:00) 右足前踏, 前交換步 (左 右 左)
5&6&, 7&8& 右足踵跟前方旋轉 - 重心回左足 - 右足足尖後點 - 重心回左足, 右足踵跟前方旋轉 - 重心回左足 - 右足足尖後點 - 重心回左足

Sec3: (R&L) SAMBA WHISK, SAMBA WHISKS VOLTA SPOT 3/4 R

1&2, 3&4 Step RF to R - Rock LF back - Recover on RF, Step LF to L - Rock RF back - Recover on LF
5&6&7&8 Continuous Volta Spot (R L R L R L R) 3/4 turn R (3:00)
1&2, 3&4 右足右踏 - 左足後下沉 - 重心回右足, 左足左踏 - 右足後下沉 - 重心回左足
5&6&7&8 連續墊步 (右 左 右 左 右 左 右) 向右轉3/4 (3:00)

Sec4: SWAY - RECOVER - 1/4 R SWAY - RECOVER, 1/4 R SWAY - RECOVER, FWD SHUFFLE

1-4 Sway to L - Recover on RF - 1/4 turn R (6:00) sway to L - Recover on RF
5-6, 7&8 1/4 turn R (9:00) sway to L - Recover on RF - Fwd shuffle (L R L)
1-4 向左搖臀 - 重心回右足 - 右轉1/4 (6:00) 向左搖臀 - 重心回右足
5-6, 7&8 右轉1/4 (9:00) 向左搖臀 - 重心回右足, 前交換步 (左 右 左)

Have Fun & Happy Dancing !!!

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