

Allegro Ventigo

拍数: 96 墙数: 0 级数: Phrased Improver
编舞者: Gudrun Schneider (DE) - November 2018
音乐: Allegro Ventigo (feat. Matteo) - Dan Balan



The dance start after 8 count

Sequence: A – B – B – C – A – B – B – C – A – B – B – C

Part A (48 count)

A1: MAMBO R, MAMBO L, MAMBO FWD R, COASTER STEP

1&2 RF step right, recover on LF, RF step next to LF
3&4 LF step left, recover on RF, LF step next to RF
5&6 RF step forward, recover on LF, RF step back
7&8 LF step back, RF step next to LF, LF step forward

A2: WALK R - L, MAMBO FWD R, BACK L - R, COASTER CROSS

1-2 RF step forward, LF step forward
3&4 RF step forward, recover on LF, RF step back
5-6 LF step back, RF step back
7&8 LF step back, RF step next to LF, LF cross over RF

A3: SIDE, TOGETHER, CHASSE WITH ¼ TURN R, STEP ½ TURN R, SHUFFLE FWD

1-2 RF step right, LF step next to RF
3&4 RF step right - LF step next to RF – ¼ turn right -RF step forward (3:00)
5-6 LF step forward, ½ turn right (9:00)
7&8 LF step forward, RF step next to LF, LF step forward

A4: WALK R-L, MAMBO FWD R, BACK L-R, COASTER CROSS

1-2 RF step forward, LF step forward
3&4 RF step forward, recover on LF, RF step back
5-6 LF step back, RF step back
7&8 LF step back, RF step next to LF, LF cross over RF

A5: SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-STEP FWD

1-2 RF step right, recover on LF
3&4 RF step behind LF, LF step left, RF cross over LF
5-6 LF step left, recover on RF
7&8 LF step behind RF, RF step right, LF step forward

A6: SHUFFLE FWD R, STEP ½ TURN R, SHUFFLE FWD L, ¼ TURN L – POINT R SIDE , HOLD

1&2 RF step forward, LF step next to RF, RF step forward
3-4 LF step forward, ½ turn right (3:00)
5&6 LF step forward, RF step next to LF, LF step forward
7-8 ¼ turn left – RF point right, hold (12:00)

PART B (16 count)

B1: CROSS SAMBA R + L, CROSS, SIDE , HEEL, SIDE CROSS , SIDE CROSS

1&2 RF cross over LF, LF step left, recover on RF
3&4 LF cross over RF, RF step right, recover on LF
5&6 RF cross over LF, LF step left, RF heel diagonally right
&7&8 RF step on place, LF cross over RF, RF step right, LF cross over RF

B2: SIDE ROCK R, BEHIND-SIDE-STEP, ROCK STEP FWD L, SHUFFLE ½ TURNING L

- 1-2 RF step right, recover on LF
- 3&4 RF step behind LF, LF step left, RF step forward
- 5-6 LF step forward, recover on RF
- 7&8 ¼ turn left - LF step left, RF step next to LF, ¼ turn left - LF step forward (6:00)

Part C (32 count)

C1: SIDE TOUCH R+L, SIDE - TOGETHER - ¼ Turn R, STEP, 4 STEPS TO 3/4 CIRCLE

- 1&2& RF step right, LF touch next to RF, LF step left, RF touch next to LF
- 3&4 RF step right, LF step next to RF, ¼ turn right - RF step forward
- 5-8 4 x step in circle (L-R-L-R clockwise)

C2: SIDE L-TOUCH WITH SNAP, SIDE R-TOUCH WITH SNAP, SIDE L WITH ARM MOVEMENTS, TOUCH L

- 1-2 LF step left, RF touch next to LF (move your arms up left)
- 3-4 RF step right, LF touch next to RF (move your arms up right)
- 5-6-7-8 LF step left, hold, hold, LF touch next to RF (move your arms clockwise in a circle)

C3: SIDE TOUCH L+R, SIDE -TOGETHER- ¼ Turn L , STEP, 4 STEPS TO 3/4 CIRCLE L

- 1&2& LF step left, RF touch next to LF, RF step right, LF touch next to RF
- 3&4 LF step left, RF step next to LF, ¼ turn left - LF step forward
- 5-8 4 x step in circle (R-L-R-L counterclockwise)

C4: SIDE R-TOUCH, SIDE L-TOUCH, SIDE R WITH ARM MOVEMENTS, TOUCH R

- 1-2 RF step right, LF touch next to RF (move your arms up right)
- 3-4 LF step left, RF touch next to LF (move your arms up left)
- 5-6-7-8 RF step right, hold, hold, RF touch next to LF (move your arms counterclockwise in a circle)

HAVE FUN

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 Last Update - 23 Nov. 2018
