

Desnudos

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Arefen Ben Djunaed (INA) - November 2018
音乐: Quitémonos la Ropa - Dani J



Start Dancing after 32 counts vocal

Intro Dance (36 Counts)

ii. Walk & Hold, Pivot, Turning Sweep

- 1-2 Step R forward – Hold
- 3-4 Step L forward – Hold
- 5-6 Step R forward – Turn ½ left moving weight on L
- 7-8 turning ½ left stepping R back – Sweeping L from front to back

iii. Behind, Side, Cross & Sweeping, Cross, Side, Behind & Sweeping

- 1-2 Step L behind R – Step R side
- 3-4 Cross L over R – Sweep R from back to front
- 5-6 Cross R over L – Step L side
- 7-8 Step R behind L – Sweep L from front to back

iiii. Behind, Side, Cross Recover, Long Step, Cross Recover

- 1-2 Step L behind R – Step R side
- 3-4 Cross rock L over R – Recover on R
- 5-6 Long Step L to side – Drag R to L
- 7-8 Cross rock R over L – Recover on L

iv. Long Step, Close, Body Wave, Shimmy

- 1-2 Long step R to side – Drag L to R
- 3-4 Close L to R – Hold
- 5-6 Body Wave
- 7-8 Shake your shoulders

Main Dance (64 Counts)

I. Basic Bachata Right, Triple Travelling Turn

- 1-2 Step R to side – Close L next to R
- 3-4 Step R to side – Touch L beside R
- 5-6 Turn ¼ left stepping L forward – Turn ½ left stepping R back

Optional (Step L side – Close R next L)

- 7-8 Turn ½ left stepping L forward – Turn ½ left stepping R back

Optional (Step L side – Close R next to L)

II. Continue (Triple Travelling Turn), Touch, Syncopated Coaster Step Forward

- 1-2 Turn ¼ left stepping L side – Touch R beside L

Optional (Step L side – Touch R beside L)

- 3-4 Rock R diagonal – Recover on L (with torso roll)
- 5&6 Step R in place diagonal – Step L in place – Step R in place diagonal (with torso roll)
- 7-8 Step L forward – Close R next to L

III. Continue (Syncopated Coaster Step Forward), Flick, Syncopated Coaster Step, Lock Shuffle

- 1-2 Step L back – Flick R over L
- 3-4 Step R forward – Close L next to R
- 5-6 Step R back – Flick L over R
- 7&8 Step L forward – Lock R behind L – Step L forward

IV. Side Recover, Touch, Hold, Unwind, Shimmy

- 1-2 Rock R to side – Recover on L
- 3-4 Touch R over L – Hold
- 5-6 Turn $\frac{3}{4}$ left
- 7&8 Incline body slightly back and shaking your shoulders (body facing 03.00 head facing 12.00)

V. Basic Bachata, Cuban Break

- 1-2 Turn $\frac{1}{4}$ left stepping R side – Close L next to R
- 3-4 Step R side – Touch L
- 5&6& Cross rock L over R – Recover on R – Rock L side – Recover on R
- 7&8 Cross rock L over R – Recover on R – Step L side

VI. Rock Recover, Back Lock Shuffle, Rock Recover, Lock Shuffle

- 1-2 Rock R forward – Recover on L
- 3&4 Step R back – Lock L over R – Step R back
- 5-6 Rock L back – Recover on R
- 7&8 Step L forward – Lock R behind – Step L forward

VII. Side Recover, Triple Step (2x)

- 1-2 Rock R side – Recover on L (with sway)
- 3&4 Close R next to L – Step L in place – Step R in place
- 5-6 Rock L side – Recover on R (with sway)
- 7&8 Close L next to R – Step R in place – Step L in place

VIII. Pivot, Cross Rock Recover, Side Close, Body Wave, Shimmy

- 1-2 Step R forward – Turn $\frac{1}{4}$ left moving weight on L
- 3-4 Cross rock R over L – Recover on L
- 5-6 Step R side – Close L next to R
- 7-8 Wave body – Tap both heel

Tag

TI. Do 1st Tag after 32 counts on wall 1

- 1-4 Turn $\frac{1}{4}$ left Stepping R long to side – Drag L
- 5-8 Stomp L beside R – Hold – Wave body

TII. Do 2nd Tag after wall 5

- 1-2 Step R side – Step L behind R
- 3-4 Step R side – Touch L beside R
- 5-6 Step L side – Step R behind L
- 7-8 Step L side – Touch R beside L

Restart

Do Restart on wall 3 after 32 counts and wall 6 after 32 counts.

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