

Ella Me Besó

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lars Kuif (NL) - February 2019
音乐: Ella Me Besó - Elvis Crespo



Info: Starts after 16 counts

[1 – 8] Rolling Vine R, (L Side, Together)2x

- 1 – 4 $\frac{1}{4}$ R stepping R fwd. (1), $\frac{1}{2}$ R stepping L back (2), $\frac{1}{4}$ R stepping R to side (3), touch L next to R (4) [12.00]
5 – 8 Step L to side (5), step R next to L (6), step L to side (7), step R next to L (8) [12.00]

[9 – 16] Rolling Vine L, R Side, Together, R Side, Touch

- 1 – 4 $\frac{1}{4}$ L stepping L fwd. (1), $\frac{1}{2}$ L stepping R back (2), $\frac{1}{4}$ L stepping L to side (3), touch R next to L (4) [12.00]
5 – 8 Step R to side (5), step L next to R (6), step R to side (7), touch L next to R (8) [12.00]

[17 – 24] L Step Fwd., $\frac{1}{2}$ R, Small Shuffles Fwd.

- 1 – 2 Step L fwd. (1), $\frac{1}{2}$ R changing weight to RF (2) [06.00]
3&4 Small step L fwd. (3), step R next to R (&), small step L fwd. (4) [06.00]
5&6 Small step R fwd. (5), step L next to L (&), small step R fwd. (6) [06.00]
7&8 Small step L fwd. (7), step R next to R (&), small step L fwd. (8) [06.00]

[25 – 32] Heel Grind Into $\frac{1}{4}$ R Stepping L Back, Rock R Back, Step R Fwd., Touch, Step L Back, Touch

- 1 – 4 Dig R heel fwd. (1), $\frac{1}{4}$ R stepping L back (2), rock R back (3), recover to L (4) [09.00]
5 – 8 Step R fwd. (5), touch L next to R (6), step L back (7), touch R next to L (8) [09.00]

Use your hips if possible to make this dance more fun!

Questions: larskuiflinedance@gmail.com