

Codigo Two (P)

拍数: 32 墙数: 0 级数: Improver Partner
编舞者: Guylaine Bourdages (CAN) - April 2019
音乐: Codigo - George Strait : (Album: Single)



Intro: 8 counts - Starting position: Double Hand Hold

Face to Face: Woman right hand in the left hand of the man, Left hand of the woman in the right hand of the man

Description of the steps for the man, (Natural opposite for woman except when describe)

SECTION 1

[1-8] MAN: LF Shuffle Forward, Mambo Step, Shuffle Back, Mambo Step

[1-8] WOMAN: RF Shuffle Back, (LF)Mambo Step, Shuffle Forward, Step Turn ½, Step Back

1&2 LF Forward, RF beside LF, LF Forward

3&4 RF Forward, Recover on LF, RF back

5&6 LF back, RF beside LF, LF back

7&8 RF back, (Left arm up and let the right hand to let the woman turn under left arm

Recover on LF, RF Forward (Hand to Hand position)

WOMAN : LF Forward, 1/2R Recover on RF, 1/2R LF back

SECTION 2

[9-16] MAN: Mambo Step (Forward & Back), Mambo Step L, Mambo Cross

[9-16] WOMAN: Mambo Step Back & Front, Mambo R, Mambo Cross

1&2 LF Forward, Recover on RF, LF back

3&4 RF back, Recover on LF, RF forward

5&6 LF to left, Recover on RF, LF beside RF

7&8 RF to right, Recover on LF, RF cross in front of LF

SECTION 3

[17-24] MAN: Side, Back, Side Front, Hip Sway Left & Right (Twice)

[17-24] WOMAN: Side, Back, Side Front, Sway, Hip Sway Right & Left (Twice)

1&2& LF to left, RF cross behind of LF, LF to left, RF cross in front of LF

3-4 LF to left (Hip Sway Left, Right)

5&6& LF to left, RF cross behind of LF, LF to left, RF cross in front of LF

7-8 LF to left (Hip Sway Left, Right)

SECTION 4

[25-32] MAN: Chassé with 1/4L, Forward, Touch, Back, 1/4R Chassé, Sway LR

[25-32] WOMAN: Chassé with 1/4R, Forward, Touch, Back, 1/4R Chassé, Sway RL

1&2 LF to left, RF beside LF, 1/4L LF forward (let left hand)

3&4 RF forward, Touch LF behind RF, LF back

5&6 1/4R RF to right, LF beside RF, RF to right (back to double hand position)

7-8 Hip Sway Left, Right

Restart : At the 3rd sequence ... Dance the first 8 counts and Restart

THANK YOU to dance my choreographies and to add them to your playlists ... this is the best gift a choreographer can receive. **MERCI** de danser mes chorégraphies et de les rajouter à vos playlists, c'est le meilleur cadeau qu'un chorégraphe puisse recevoir. With **GRATITUDE** , Guylaine xx