

# De Frente

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: mBah Wir (INA) & Penny Tan (MY) - July 2019  
音乐: De Frente - Carolina Gaitán - La Gaita : (Album: La Gaita)



Sequence of dance: 56-64-32-56-64-32-64-8

Start dance on word "maten" or when music has been running about 3 seconds

## SEC 1: WALK FORWARD (RIGHT, LEFT), FORWARD LOCK SHUFFLE, FORWARD, TOUCH, TURN ½ LEFT, FLICK BACK, FORWARD LOCK SHUFFLE

1-2            Walk forward R, L  
3&4           Step R forward, Lock L behind R, Step R forward  
5&6           Step L forward, Touch R on R, Make ½ turn L, flick R back  
7&8           Step R forward, Lock L behind R, Step R forward

## SEC 2: CROSS OVER, TURN ¼ LEFT, BACK LOCK SHUFFLE, NEXT, FORWARD, FORWARD LOCK SHUFFLE

1-2            Cross L over R, Make ¼ turn L step R back  
3&4           Step L back, Cross R over L, Step L back  
5-6           Step R next to L, Step L forward  
7&8           Step R forward, Lock L behind R, Step R forward

## SEC 3: STEP FWD, PIVOT ¾ TURN, STEP, BACK LOCK SHUFFLE, NEXT, FORWARD, KICK BALL TOUCH

1-2            Step L forward, Pivot ¾ R, Step R on R  
3&4           Step L back, Cross R over L, Step L back  
5-6           Step R next to L, Step L forward  
7&8           Kick R forward, Step on ball of R next to L, Touch L outside L

## SEC 4: CROSS OVER, RECOVER, TURN ½ LEFT, SHUFFLE, (CROSS ROCK, RECOVER, SIDE) X2

1-2            Cross L over R, step R back  
3&4           ¼ Turn L, Step L fwd, Step R behind L, ¼ turn, Step L to fwd  
5&6           Cross rock R over L, Recover on L, step R to side  
7&8           Cross rock L over, Recover on R, Step L to side

## SEC 5: STEP FWD, RECOVER, TURN ½ RIGHT, FWD STEP, ¼ TURN RIGHT, STEP, CROSS SHUFFLE

1-2            Step R fwd, recover L on L  
3&4           ¼ turn R, step R fwd, step L behind R, ¼ turn R, step R fwd  
5-6           Step L fwd, ¼ turn R, step R to R  
7&8           Cross L over R, step R to R, cross L over R

## SEC 6: SIDE ROCK, RECOVER, IN PLACE CHA CHA, BACK SHUFFLE, ¼ TURN RIGHT, COASTER STEP

1-2            Rock R to R, recover on L  
3&4           In place cha cha R-L-R  
5&6           Back shuffle L-R-L  
7&8           ¼ turn R, step R back, step L next to R, step R fwd

## SEC 7: STEP FWD, RECOVER, BACK SHUFFLE, STEP SIDE, SWAY, STEP, TOUCH

1-2            Step L fwd, recover on R  
3&4           Back shuffle L-R-L  
5-6&          Step R to side with sway R-L-R

7-8 Step L on L , touch R beside L

**SEC8:STEP FWD, RECOVER,BACK SHUFFLE, TOUCH SIDE, DRAG ,TOUCH**

1-2 Step R fwd, recover on L

3&4 Back shuffle R-L-R

5-8 Touch L to L side (5), drag L to R (6-7) , Step L beside R (8)

**Enjoy the dance & Have Fun !**

**For more information about this dance please contact us at: [gieprod@yahoo.com](mailto:gieprod@yahoo.com) or [pennytanml@hotmail.com](mailto:pennytanml@hotmail.com)**

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