

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 or pennytanml@hotmail.com
