

Pa' Lante

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: YoungSoon Song (KOR) & Garam Lee (KOR) - July 2019
音乐: Pa' Lante -Alex Sensation, Anita, Luis Fonsi(Latin pop)



Intro: "Pa` Lante" after 32count Start

s1. Forward mambo. Coaster Side. (Carioca Run) Cross Side Touch R1/8. Cross Side L4/1 Back Hitch.

1&2 Rf forward rock, Lf Recover , Rf Back step.
3&4 Lf Back step, Rf together beside. Lf Side step L1/8 (10:30).
5&6& Rf cross over, Lf side. Rf Cross Toe touch R1/8 . Rf Small side step.
7&8& Lf Cross over. Rf side L1/4T. Lf Back. Rf Hitch (10:30)

s2. R Back. L Side1/8. Rf together beside. L1/4 side. L1/4 Samba step. Bocach tea with Hip forward, hip back.

12& Rf Back .(10:30), L1/8 Lf Side step(9:00), Rf Together.
3&4 Lf L1/4 Forward step(6:00), L1/4 Rf side step(3:00) Lf forward step (Facing 3: 00)
5&6& Rf Forward. Lf in place. Rf Back. Lf Forward. Rf in place. Lf Back. (with samba hip roll).
7 Rf Beside together Both Knee Band With hip Forward.
8 Both Knee stretching with hip back(3:00)

s3. Whisk R. L. Samba Under-arm Turn R. Whisk L

1&2 Rf side step, Lf foot behind right(on ball), Rf in place step
3&4 Lf side step, Rf foot behind right(on ball), Lf in place step
5&6 R 1/4T Rf Forward step.(6:0) R1/2T Lf Back step.(12:0) R 1/4T in place(3:00)
7&8 Lf side step, Rf foot behind right(on ball), Lf in place step (3:00)

s4. L1/2T syncopation Weave. Twice Forward Rock step.

&1 L1/8T Rf side. Lf behind cross,(1:300)
&2 L1/8T Rf side ,Lf cross (12:00)
&3 L1/8T Rf side. Lf behind cross(10:30)
&4 L1/8T Rf side. Lf cross(9:00)
5&6 R1/8T Rf Diagonal Forward rock (10:30).Lf Recover. Rf Forward.
7&8 L1/8T Lf Diagonal Forward rock (7:30).Rf Recover. Lf Forward.

No Tag. No Restart - Enjoy Dance

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Last Update – 14 July 2019