

Mi Verdad

拍数: 32 墙数: 4 级数: Improver - rumba
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音乐: Mi verdad (feat. Shakira) - Maná



Intro: 16 counts - Direction: CCW

RUMBA LEFT FORWARD, STEP RIGHT SIDE 1/4 TURN RIGHT, LEFT BEHIND, LONG STEP RIGHT, DRAG LEFT

1-2 Step left to side, step right together
3-4 Step left forward, hold
5-6 Step right to side 1/4 turn to right, step left behind
7-8 Long step right side, drag left together

STEP LEFT SIDE, STEP RIGHT BEHIND, STEP LEFT FORWARD 1/4 TURN, BRUSH*, JAZZ BOX, HOLD

1-2 Step left to side, step right behind left
3-4 Step left forward 1/4 turn to left, brush right forward
5-6 Cross right over left, step left back
7-8 Long step right to side, hold

*Option for count 1 to 4: 1/4 turn left - 1/2 turn left, right foot back - 1/2 turn left, left foot forward, brush right. (total 1 1/4 turn). Can be done every 2nd wall

CROSS LEFT OVER, RECOVER RIGHT, STEP LEFT TO SIDE, RECOVER RIGHT, CROSS LEFT OVER, RECOVER RIGHT, STEP LEFT 1/4 TURN

1-2 Cross left over right, recover right,
3-4 Step left to side, recover right
5-6 Cross left over right, recover right
7-8 Step left to side turning left 1/4 turn, hold

SWEEP RIGHT TO FRONT & CROSS OVER, STEP LEFT TO SIDE, STEP RIGHT BEHIND, STEP LEFT SIDE, SWAY RIGHT, LEFT, RIGHT, DRAG LEFT

1-2 Sweep right foot forward and cross over left, step left to side
3-4 Step right behind, step left to side with slight diagonal back with a sway
5-6 Recover right and sway, recover left and sway
7-8 Recover right and sway, drag left towards right (ready to push for rumba left)

*RESTARTS (3):

Wall 6, facing 9.00, after 8 counts (restart facing 12.00)

Wall 8, facing 9.00, after 16 counts (restart facing 9.00)

Wall 12: facing 12.00, after 16 counts (restart facing 12.00)

*ENDING: Wall 15, facing 6.00, after 32 counts (facing 3.00):

Step left 1/4 turn to left, sway right, sway left, hold with arms extended along body, palms down.

*WALL SEQUENCE: 12,9,6,3,12,9,12,9,9,6,3,12,12,9,6

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