

Pa Olvidarte

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Wil Bos (NL) - November 2019
音乐: Pa Olvidarte - Emma Heesters & Rolf Sanchez



Info : Intro 16 counts

S1: Cross Over, Step L, Touch Heel Fwd, Step On Place, Cross Shuffle, Step Back ¼ Turn L, Close, Step Fwd, ¼ Paddle Turn x 2.

1&2& RF. Cross over LF - LF. Step to L side - RF. Touch heel diagonal right fwd - RF. Step beside LF
3&4 LF. Cross over RF - RF. Step to R - LF. Cross over RF
&5-6 RF. ¼ Left step back - LF. Close beside RF - RF. Step fwd (9:00)
7-8 LF. ¼ Right Point to left side - LF. ¼ Right Point to left side (3:00)

S2: ½ Diamond L, Rock Fwd, Recover, ½ Turn Left Step Fwd & Sweep, Cross Samba

1&2& LF. Cross over RF - RF. 1/8 L step back - LF. Step Back - RF. Hitch knee from front to back (1:30)
3&4 RF. Cross behind LF - LF. 1/4 turn left step fwd - RF. Step fwd (10.30)
5&6 LF. Rock step fwd - RF. Recover - LF. ½ turn left step fwd & Sweep RF from back to front (4.30)
7&8 RF. Cross over LF - RF - LF. Rock to left - RF. Recover & step fwd ¼ turn Right (7.30)

S3: Cross Samba, Mambo Step Back & Raise Knee Up, Sailor Step & Raise Knee Up, Behind Side Cross

1&2 LF. Cross over RF - RF. Rock to right - LF. Recover & step fwd 5/8 turn left (3.00)
3&4 RF. Rock fwd - LF. Recover - RF. Step back & and raise left knee from front to back (3:00)
5&6& LF. Cross behind RF - RF. Step to right - LF. Step to left and raise right knee from front to back
7&8 RF. Cross behind LF - LF. Step to left - RF. 1/8 left Step fwd (1.30)

S4: Full Turn Volta Left, Rockstep, Recover, 1/8 Turn left Step Fwd & sweep, ½ Turn Sailorstep & Sweep

1& LF. ¼ L step forward - RF. Step on ball beside LF (10.30)
2& LF. ¼ L step forward - RF. Step on ball beside LF (7.30)
3&4 LF. ¼ L step forward - RF. Step on ball beside LF - LF. 1/4 L step fwd (1.30)
5&6 RF. Rockstep fwd - LF. Recover - RF. Step back & Sweep LF from front to back
7&8 LF. ½ left and cross behind RF - RF. Step beside LF - LF. Sweep from back to front.

Start Again

Last Update - 24 Nov. 2019