

La Libertad

拍数: 32 墙数: 4 级数: Intermediate
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音乐: La Libertad - Álvaro Soler



Start: 16 counts - 1 Restart – 1 TAG

S1: CROSS SAMBA R/L TRAVELLING FORWARD, POINT R AND HEEL SWIVELS, SAILOR ¼ T R

- 1&2 RF makes a big step across LF in the R diagonal, rock LF to L , Recover on RF in the R diagonal
3&4 LF makes a big step across RF in the R diagonal, rock RF to R , Recover on LF in the L diagonal
5&6 Touch RF forward with 1/8 T R (12:00), swivel on both heels to R and center (end weight on LF)
7&8 ¼ T R while stepping RF behind LF, step LF to L, step RF to R (3 :00)

S2: CROSS POINT L, POINT SIDE L, SAILOR, CROSS POINT R, POINT R SIDE, PUSH TURN 1/2T L

- 1-2 Point LF across RF in the R diagonal, point LF to L
3&4 Step LF behind RF, step RF to R, step LF to L
5-6 Point RF across LF in the L diagonal, point RF to R
7-8 Keeping weight on LF point RF to R with ¼ T L (12 :00) , point RF to R with ¼ T L (9:00)

RESTART on wall 4 Start the dance again facing 6:00

S3: SAMBA WHISK R/L, TRIPLE FORWARD R, ½ T R, STEP BACK L / R WITH TOUCH

- 1a-2 Step RF to R, step ball of LF behind RF, recover on RF
3a-4 Step LF to L, step ball of RF behind LF, recover on LF (TAG on wall 9)
5&6 Step RF forward, step LF next to RF, step RF forward
&7&8 ½ T R stepping back on LF and touching RF forward, step back on RF and touch LF forward

S4: SIDE MAMBO L/R WITH BUMP, FULL VOLTA TURN L

- 1&2 Step LF to L with bump L, recover on RF, step LF next to RF
3&4 Step RF to R with bump R, recover on LF, step RF next to LF
5&6 Step LF forward with ¼ T L (12:00), lock RF behind LF, Step LF forward with ¼ T L (9:00)
&7&8 Lock RF behind LF, Step LF forward with ¼ T L (6:00), lock RF behind LF, Step LF forward with ¼ T L (3:00)

TAG : On wall 9 (start facing 6 :00), dance the 8 following counts after the first 4 counts of section 3 (you'll be facing 3 :00)

JAZZBOX R, CROSS R, FULL PIVOT TURN L

- 1-2 Step RF across LF, step back on LF
3-4 step RF to R, step LF forward
5-6 Step ball of RF across LF, rotate slowly to L on both balls
7-8 Keep rotating to L while transferring your weight on L heel and keeping your weight on ball of RF, end your full turn your feet cross (end weight on LF)

Last Update - 21 Feb. 2020