

Ella es de las mias

拍数: 32 墙数: 4 级数: Beginner
编舞者: Angels Guix (ES) & Enric Nonell (ES) - January 2020
音乐: Ella Es de las Mías - Gemeliers : (Album: Stereo)



The song has a long a Capella introduction of approximately 32 second. Start the dance with the first drum beat.

[1-8] Step touch forward, step touch backward x2, step touch forward, shuffle right, ¼ turn shuffle left

1&2& Step RF forward, touch toes of LF beside RF, step LF backward, touch toes of RF beside LF
3&4& Step RF backward, touch toes of RF beside LF, step LF backward, touch toes of RF beside LF
5&6 Step RF to right, step LF together, step RF to right
7&8 Step LF to left, step RF together, ¼ turn left and step LF forward

[9-16] Shuffle forward diagonally right, shuffle forward diagonally left, step touch backward x4

1&2 Step RF forward diagonally right, step LF together, step RF forward diagonally right
3&4 Step LF forward diagonally left, step RF together, step LF forward diagonally left
5&6& Step RF backward, touch LF together, step LF backward, touch RF together
7&8& Step RF backward, touch LF together, step LF backward, touch RF together

[17-24] Rumba box, mambo backward x2

1&2 Step RF to right, step LF together, step RF forward
3&4 Step LF to left, step RF together, step LF backward
5&6 Rock RF backward, recover on LF, step RF to right
7&8 Rock LF backward, recover on RF, step LF to left

[25-32] ¼ turn jazz box x2

1,2 Cross RF over LF, ¼ turn right and step LF backward
3,4 Step RF to right, step LF forward
5,6 Cross RF over LF, ¼ turn right and step LF backward
7,8 Step RF to right, step LF forward

Start again

No Tags, No Re-Start
