

Vuela

拍数: 112 墙数: 0 级数: Phrased Intermediate
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音乐: Vuela - Bombai



Translation by: Miguel Ángel Sanjuán "Wild West LD&CWD Spain"

Counts: A 64; B 48; 3 Restart; 1° part A count 48 & start part B; 2° part A count 32 & start part B – part B count 32 part B

PART A:

[1 – 8]: WEAVE RIGHT, MAMBO CROSS R – L

- 1 & 2 & Cross LF behind the RF, step right with the RF, cross the LF ahead RF
3 & 4 Step RF to the right, cross LF behind the RF, step right with the RF, cross the LF in front of the RF,
5 – 6 Mambo RF to the right, cross RF ahead LF.
7 & 8 Mambo LF to the left, cross LF ahead RF.

[9–16]: STEP FWD R, PUT TOGETHER LF & (OPTIONAL ARM STYLING UP & DOWN), HIP ROLL COUNTER CLOCKWISE, X2

- 9 – 10 Step RF fwd, step LF to the RF side.
11 & 12 Perform movement with the hip turning to the L. "CCW".
13 – 14 Step RF fwd, step LF to the RF side.
15 & 16 Make movement with the hip turning to the L. "CCW"

OPTIONAL

- 9 – 10 Step RF fwd, step LF to the RF side (raise hands)
11 & 12 Perform movement with the hip turning to the L (move hands down)
13 – 14 Step RF fwd, step LF to the RF side (raise hands)
15 & 16 Perform movement with the hip turning to the L (move hands down)

[17–24]: WEAVE LEFT, MAMBO CROSS L – R

- 17 & 18 & Cross the RF behind the L, step LF to the L, cross RF ahead LF
19 & 20 Step L with the LF, cross RF from behind LF, step L with the LF, cross the RF in front of the L
21 – 22 Mambo LF to the L, cross LF ahead RF
23 – 24 Mambo RF to the R, cross RF ahead LF

[25–32]: STEP FWD R, PUT TOGETHER LF & (OPTIONAL ARM STYLING UP & DOWN), HIP ROLL COUNTER CLOCKWISE, X2

- 25 – 26 Step RF fwd, step LF to the RF side.
27 & 28 Perform movement with the hip turning to the L. "CCW".
29 – 30 Step RF fwd, step LF to the RF side.
31 & 32 Make movement with the hip turning to the L. "CCW".

OPTIONAL

- 25 – 26 Step RF fwd, step LF to the RF side (raise hands)
27 & 28 Perform movement with the hip turning to the L (move hands down)
29 – 30 Step RF fwd, step LF to the RF side (raise hands)
31 & 32 Perform movement with the hip turning to the L (move hands down)

RESTART: 2.- PART A COUNT 32 & START PART B

[33–40]: ROCKING CHAIR L, SHUFFLE L, ROCKING CHAIR R, SHUFFLE R,

- 33 & 34 Step LF fwd (Rock), step LF behind (Rock),
35 & 36 Step LF fwd, step RF together with LF, step LF fwd
37 & 38 Step RF fwd (Rock), step RF behind (Rock),
39 & 40 Step RF fwd, step LF together with RF, step R fwd

[41–48]: PADDLE POINTS (L – R) & (ARM UP) (ARM down & out, Airplane)

- 41&42&43&44 Turning ¼ L point L to L (1), ¼ L point L to L (2), Turning ¼ L point L to L (3), ¼ L point L to L (4)
45&46&47&48 Turning ¼ R point R to R (5), ¼ R point R to R (6), Turning ¼ R point R to R (7), ¼ R point R to R (8)

RESTART: 1.- PART A COUNT 48 & START PART B

[49–56]: SIDE R TOGETHER, CHASSE R, SIDE L TOGETHER, CHASSE L,

- 49 – 50 Step RF to the R, join LF together with RF.
51 & 52 Step RF to the R, join LF to the RF side, step RF to the R
53 – 54 Step LF to the L, join RF together with LF.
55 & 56 Step LF to the L, step RF to the L side, step LF to the L

[57–64]: STEP FWD R ½ TURN L, STEP FWD R ½ TURN L, POINT R – L, TOGETHER L TO R , JUMPING BACKWARD

- 57 & 58 Step RF fwd, turn ½ turn to the L.
59 & 60 Step RF fwd, turn ½ turn to the L.
61 – 62 Mark RF to the R, mark LF to the L.
63 – 64 Return LF to the RF side, jump with both feet together backwards.

PART B

[1 – 8]: (STEP TOUCH FWD R, STEP TOUCH FWD L (X2) SHIMMY), SWITCHES BACKWARD R – L (X2).

- 1 – 2 Walking touch RF fwd, walking touch LF fwd. (& moving shoulders fwd and backward)
3 – 4 Walking touch RF fwd, walking touch LF fwd. (& moving shoulders fwd and backward)
5 – 6 Walking backwards mark RF, walking backwards mark LF.
7 – 8 Walking back mark RF, walking back mark LF.

[9–16]: (STEP TOUCH FWD R, STEP TOUCH FWD L (X2) SHIMMY), SWITCHES BACKWARD R – L (X2).

- 9 – 10 Walking touch RF fwd, walking touch LF fwd. (& moving shoulders fwd and backward)
11 – 12 Walking touch RF fwd, walking touch LF fwd. (& moving shoulders fwd and backward)
13 – 14 Walking backwards mark RF, walking backwards mark LF.
15 – 16 Walking back mark RF, walking back mark LF.

[17–24]: HIP BUMB R (X4), VAUDEVILLE R - L

- 17 – 20 Mark with the right hip (X4)
21 & 22 Cross LF in front of the R, step RF to the R, mark L heel diagonally to the L, turn LF together RF
23 & 24 Cross RF in front of the L, step LF to the L, mark heel RF diagonally to the R, return RF together LF

[25–32]: HIP SPLITS BUMB L (X4), VAUDEVILLE L - R

- 25 – 28 Mark with the right hip (X4)
29 & 30 & Cross RF in front of the L, step LF to the L, mark heel RF diagonally to the R, return RF together LF
31 & 32 Cross LF in front of the R, step RF to the R, mark heel LF diagonally to the L, turn LF together RF

RESTART: 3.- PART B COUNT 32 & START PART B

[33–40]: OUT–OUT (R–L), IN–IN (R–L), SYNCOPATED OUT–OUT (R–L), SYNCOPATED IN–IN (R–L), HIP ROLL COUNTER CLOCKWISE

- 33 – 34 Open RF fwd diagonally R, open LF fwd diagonally L
35 – 36 Return to the site on the RF, return to the LF site
37 & 38& Open RF fwd diagonally R, open LF fwd diagonally L, Return to the site on the RF, return to the LF site
39 & 40 Movement of the counterclockwise hips. "CCW".

[41–48]: OUT–OUT (R–L), IN–IN (R–L), SYNCOPATED OUT–OUT (R–L), SYNCOPATED IN–IN (R–L), HIP ROLL COUNTER CLOCKWISE

41 – 42 Open RF fwd diagonally R, open LF fwd diagonally L
43 – 44 Return to the site on the RF, return to the LF site
45 & 46 & Open RF fwd diagonally R, open LF fwd diagonally L, return to site RF and LF
47 & 48 Movement of the counterclockwise hips "CCW".

RESTART:

*1.- PART A COUNT 48 & START PART B
*2.- PART A COUNT 32 & START PART B
*3.- PART B COUNT 32 & START PART B

SEQUENCE: A – B – A (count 48 & start part B) – B – A (count 32& start part B) – B (count 32 part B) – B – A

Enjoy & Have Fun!!!!

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Vimeo Channel: <https://Wild West LD&CWD Spain>

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Descarga Hoja de Baile / Download Stepsheet

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Español:

<https://1drv.ms/b/s!Ar8EA8FYPPoQQgU8rVqiTqkQjGXmF?e=QXlzMJ>
