

Aquí se va

拍数: 32 墙数: 4 级数: Beginner
编舞者: Angels Guix (ES) & Enric Nonell (ES) - May 2020
音乐: Aquí Se Va - Manny Cruz : (Album: Single - 3:10 - Energetic option, No tag or restart)



Imaginarne sin ti by Elvis Crespo. Album: Single. Length: 3'56" Bpm: 120 (Slow gentle option, it has two easy re-start)

Restart: There are two restart for Elvis Crespo music option, 3rd and 7th repetition restarts after count 8.

[1-8] Walk forward, step together, walk backward, step together

1,2 Step RF forward, step LF forward
3,4 Step RF forward, step LF together
5,6 Step RF backward, step LF backward
7,8 Step RF backward, step LF together

***Restart here on the 3rd and 7th repetition for Elvis Crespo music option**

[9-16] Step forward, touch in place, cross, step backward, step backward, touch in place, cross, step backward

1,2 Step RF forward, touch toe of LF in place (as option: add a left hip bump on time 2)
3,4 Cross LF over RF, step RF backward
5,6 Step LF backward, touch toe of RF in place (as option: add a right hip bump on time 6)
7,8 Cross RF over LF, step LF backward

[17-24] Walk to right side, touch LF to left, walk to left side, touch RF to right

1,2 Step RF to right, cross LF over RF
3,4 Step RF to right, touch LF to left
5,6 Step LF to left, cross RF over LF
7,8 Step LF to left, touch RF to right

[25-32] ¾ turn Walk around doing "walk walk shuffle" twice

1,2 1/8 turn right and step RF forward, 1/8 turn right and step LF forward
3&4 Step RF forward, step LF together, step RF forward (¼ turn around a circle during this shuffle)
5,6 1/8 turn right and step LF forward, 1/8 turn right and step RF forward
7&8 Step LF forward, step RF together, step LF forward

Start again

Last Update – 21 Oct. 2020-R3