

El Anillo

拍数: 64 墙数: 2 级数: Intermediate
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(INA) - June 2020
音乐: El Anillo - Jennifer Lopez



Intro: 16 counts @ 0.07

[1-8] CROSS HOLD, SIDE ROCK CROSS, POINT HOLD, SAMBA

1-2 Cross R over L (1), hold (2)
3&4 Rock L to right (3), recover on R (&), cross L over R(4)
5-6 Point L to left (5), Hold (6)
7&8 Cross R over L (7), rock L to left(&), recover on R (8)

[9-16] ROCK RECOVER, COASTER, VOLTA 1/2 TURN

1-2 Rock L forward (1), recover onto R (2)
3&4 Step L back (3), step R beside L (&), step L forward (4)
5&6&7&8 Make 1/8 right stepping on R (5), step Left together (&), make 1/8 right stepping on R (6),
step Left together(&), make 1/8 right stepping on R (7), step Left foot together (&) Make 1/8
right stepping on R(8)(6:00)

[17-24] WALKS, ¼ BALL CROSS, ¼ FORWARD BALL TOUCH, STEP BACK DRAG, COASTER

1-2 Walk forward L (1), R (2)
&3 Turn ¼ right Stepping L to side (&) Cross R over L (3) (09.00),
&4 Turn ¼ left stepping L forward (&), touch R behind L (4) (06.00)
5-6 Step R back (5), Drag your L heel towards R (6)
7&8 Step L back (7), Close R beside L (&), Step L forward (8)

[25-32] PIVOT ½ SWEEP, BEHIND SIDE CROSS, SIDE CLOSE, HOLD, CROSS SHUFFLE

1-2 Step R forward (1), Turn ½ left weight on R and Sweep L to back (2) (12.00)
3&4 Cross L behind R (3), Step R to side right (&), Cross L over R (4)
&5-6 Step R to right (&), Close L beside R (5), Hold (6) (weight on L)
7&8 Cross R over L (7) Step L to left (&), Cross R over L (8)

[33-40] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK SAILOR ¼ R

1-2 Rock L to left (1), Recover onto R (2)
3&4 Step L behind R (3), Step R to right (&), Cross L over R (4)
5-6 Rock R to right (5), Recover on L (6)
7&8 Turn ¼ right sweeping Step R back(7) Close L next to R (&) Step R forward (8) (3:00)

[41-48] PRESS HITCH, BACK LOCK STEP, ¾ TRAVELLING TURN BEHIND SIDE CROSS

1-2 Press L forward (1) Hitch L recovering on R (2)
3&4 Step L back (3) Lock R over L (&) Step L back (4)
5-6 Turn ½ right stepping R forward (5), Turn 1/4 right stepping L side (6)
7&8 Step R behind L (7), Step L to L (&), Cross R over L (8) (12:00)

[49-56] POINT HOLD, POINT SWITCHES, ROCK RECOVER COASTER STEP

1-2 Point L to left (1), hold (2)
&3&4 Close L next to R (&) point R to right (3) Close R next to L (&) point L to left (4)
5-6 Rock L forward (5) recover onto R (6)
7&8 Step L back (7) Close R next to L (&) Step L forward (8)

[57-64] FORWARD RONDE ½ TURN BEHIND SIDE CROSS, OUT OUT, CLAP BODY ROLL

- 1-2 Step R forward (1), Turn ½ right step L back and swing R from front to back (2) (6:00)
3&4 Step R behind L (3), Step L to left (&), Cross R over L (4)
&5-6 Jump L to left (&), Jump R to right (5), Snap your fingers (6)
7-8 Body Roll to left (7) body roll to right (8) (weight on L)

Restart : On wall 4 dance till counts 56 and restart (6:00)

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