

# Abracos

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Hege Langhelle (NOR) - August 2020  
音乐: Abraços - Calema



~1 Restart on wall 2 after 34 counts

**(1-8) backsweep,behind,side,1/8step,1/2pivot,fwd,1/2pivot,fwd,1/4rock,cross1/4back,1/4side,cross**

1-2&      Lf behind Rf sweep Rf front to back(1),Rf behind Lf(2),Lf step L(&)(12.00)  
3&4&5      1/8L Rf fwd(3),1/2L(&),Rf fwd(4),1/2L(&),Rf fwd(5)(10.30)  
6&7&8&      Lf fwd(6),1/4R recover to Rf(&),Lf cross Rf(7),1/4L Rf back(&)1/4L Lf step L(8),Rf cross  
Lf(&)((7.30)

**(9-16) L basic,slide,behind,side,cross1/4hitch,fwd,spiral,fwd,1/8fwd.**

1-2&3      Lf step L(1),Rf close to Lf(2),Lf cross Rf(&),Rf slide R(3)(7.30)  
4&5-6      Lf behind Rf(4),Rf step R(&),Lf cross Rf 1/4hitch L(5),Rf fwd(6)(4.30)  
7-8&      Lf fwd 1/1 spiral(7),Rf fwd(8),1/8R Lf fwd(&)(6.00)

**(17-24) fwd sweep,weave,rock,recover,behind,side,1/8fwd,1/2pivot,2xwalk**

1-2&3      Rf fwd sweep Lf back to front(1),Lf cross Rf(2),Rf step R(&),Lf behind Rf(3).  
&4&5      Rf rock R(&),recover to Lf(4),Rf behind Lf(&),Lf step L(5)(6.00)  
6&7-8      1/8L Rf fwd(6),1/2pivot(&),Rf step slightly across Lf(7),Lf step slightly across Rf(8)(10.30)

**(25-32) fwd1/8sweep,cross,side,behind sweep,1/2coaster,1/2fwd coaster,1/2together.**

1-2&3      Rf fwd Lf sweep 1/8R back to front(1),Lf cross Rf(2),Rf step R(&),Lf behind Rf, Rf sweep front  
to back(3)(12.00)  
4&5      Rf back(4),1/2L Lf beside Rf(&),Rf fwd(5)(6.00)  
6&7-8      Lf fwd(6),1/2R Rf beside Lf(&),Lf fwd(7),1/2L Rf beside Lf raise both heels(8)(6.00)

**(33-40) backsweep x3,behind,side,cross,rock1/8,1/1tripple.**

1-2      Lf back Rf sweep front to back(1),Rf back Lf sweep front to back(2)

**Restart here in wall 2**

3      Lf back Rf sweep front to back(3)(6.00)  
4&5      Rf behind Lf(4),Lf step L(&),Rf cross Rf(5)  
6&7&8      Lf rock L(6),recover to Rf with 1/8R(&),Lf fwd(7),1/2L Rf back(&),1/2L Lf fwd(8)(7.30)

**(41-48) step,rock,1/2,fwd,step,1/2,unwind,1/2,step,press,recover,1/2,3/8**

&1      Rf fwd(&),Lf rock fwd(1)  
2&3-4      recover to Rf(2),1/2L Lf fwd(&),Rf fwd(3),1/2L weight on Rf(4)(7.30)  
5&6      Unwind weight on Lf(5),1/2R Rf fwd(&),Lf fwd(6)(7.30)  
&7      Rf press fwd(&),hold(7)  
8&      recover to Lf(8),1/2R Rf fwd(&),3/8R to start again(6.00)