

Toda la noche

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Lisa Van Der Hoeven (ES) - August 2020
音乐: Bailando - Nil Moliner



[1-8] WAVE, MAMBO, CROSS SHUFFLE.

1,2 Step RF right, step LF behind RF
3, 4 Step RF right, Step LF crossing RF
5, 6 Step RF right, recover weight on LF
7&8 Step RF crossing LF, step LF next to RF, Step RF crossing LF

Arm movement (optional):

Raise right arm on mambo and lower behind head on cross shuffle .

[9-16] STEP TOGETHER X2 , MERENGUE HIPS X 3, TOUCH.

1, 2 Step LF left Step RF next to LF
3,4 Step LF left , Step RF next to LF (touch)
5, 6 Step RF right while moving hip, Weight on LF while moving hip
7, 8 Weight on RF while moving hip, Touch LF next to RF

[17-24] RUMBA BOX BACKWARDS.

1, 2 Step LF left, step RF next to LF
3, 4 LF step backwards, Step RF next to LF
5, 6 Step RF right, step LF next to RF
7, 8 Step RF forward, touch LF next to RF

[25-32] ROCK IN CHAIR, STEP ½ TURN RIGHT, STEP, TOUCH.

1, 2 Step LF forward, recover weight on RF
3, 4 Step LF backwards, recover weight on RF
5, 6 Step LF forward, ½ turn to the right
7, 8 Step LF to the left, touch RF next to LF

Arm movement (optional):

Raise your right arm in the Rock in chair and lower it behind your head in the ½ turn.

Contact; lisa.vanderhoeven@hotmail.com