

Gently

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - September 2020
音乐: Suavemente (Crew 7 Radio) - Cuba Club : (3:28)



Intro: 32 Counts - No Tags or Restarts

Side, Hold, & Together, Side, Hip Bump, Side, Together, Chasse 1/4 Turn L

1-2 RF. Step side - Hold
&3-4 LF. Step together - RF. Step side - Bump hip to left (toe to left side)
5-6 LF. Step side - RF. Step together
7&8 LF. Step side - RF. Close beside LF - LF. 1/4 Turn left step fwd (9:00)

Heel fwd, Touch back, Shuffle fwd, Step fwd, Pivot 1/2 Turn R, Side Rock, Recover

1-2 RF. Dig heel fwd - LF. Touch toe back
3&4 RF. Step fwd - LF. Close beside RF - RF. Step fwd
5-6 LF. Step fwd - Pivot 1/2 turn right (3:00)
7-8 LF. Side rock - RF. Recover

Cross, Hold, & Cross & Cross, 1/4 Turn R Stomp Out, Stomp Out, In, In

1-2 LF. Cross over RF - Hold
&3&4 RF. Step side - LF. Cross over RF - RF. Step side - LF. Cross over RF
5-6-7-8 RF. 1/4 Turn right stomp diagonal fwd - LF. Stomp diagonal fwd - RF. Step back to center - LF. Step together (6:00)

Cross, Step Back, 1/4 Chasse R, Jazz Box

1-2 RF. Cross over LF - LF. Step back
3&4 RF. 1/4 Turn right step side - LF. Close beside RF - RF. Step side (9:00)
5-6-7-8 LF. Cross over RF - RF. Step back - LF. Step side - RF. Touch toe beside LF

Start Again

For the music you can email us

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