

Cambio Dolor

拍数: 128 墙数: 2 级数: Intermediate Salsa
编舞者: Ingrid Pakasi (INA) - November 2020
音乐: Cambio Dolor - Natalia Oreiro



Start on Vocal

Section 1: SIDE MAMBO - CROSS R - L

1-2-3-4 Step R Side, Recover on L, Cross R Over L, Hold
5-6-7-8 Step L Side, Recover on R, Cross L Over R, Hold

Section 2 : UPTOWN DOWNTOWN L Side

1-2-3-4 Cross R Over L, Step L Slightly Behind R, Cross R Over L, Step L Slightly Behind R
5-6-7-8 Cross R Over L, Step L Slightly Behind R, Cross R Over L, Hold

Section 3 : SIDE MAMBO - CROSS L - R

1-2-3-4 Step L Side, Recover on R, Cross L Over R, Hold
5-6-7-8 Step R Side, Recover on L, Cross R Over L, Hold

Section 4 : UPTOWN DOWNTOWN R Side

1-2-3-4 Cross L Over R, Step R Slightly Behind L, Cross L Over R, Step R Slightly Behind L
5-6-7-8 Cross L Over R, Step R Slightly Behind L, Cross L Over R, Hold

Section 5 : TOUCH- TURN 1/2 - FLICK - FORWARD SHUFFLE

1-2-3-4 Touch R Forward, Turn 1/2 Left Flick R, Step R Forward, Hold
5-6-7-8 Step L Forward, Step R Together (3rd position), Step L Forward, Hold

Section 6 : SUZY Q R - L

1-2-3-4 Cross R Over L, Step L Slightly Behind R, Cross R Over L, Hold
5-6-7-8 Cross L Over R, Step R Slightly Behind L, Cross L Over R, Hold

Section 7 : FORWARD MAMBO - BACK MAMBO

1-2-3-4 Step R Forward, Recover on L, Step R Back, Hold
5-6-7-8 Step L Back, Recover on R, Step R Forward, Hold

Section 8 : BOTAFOGO R - L

1-2-3-4 Cross R Over L, Step L Side, Recover On R, Hold
5-6-7-8 Cross L Over R, Step R Side, Recover On L, Hold

Section 9 : CHUG STEP

1-2-3-4 Rock R Forward With Bend Knees (Hips Out-BW on R), Recover on L (Hips In-BW on L) ,
Turn 1/8 L Side Rock R Forward (Hips Out-BW on R), Recover On L (Hips In-BW on L)
5-6-7-8 Turn 1/8 L Side Rock R with Bend Knees (Hips Out-BW on R), Recover on L (Hips In- BW on L),
Turn 1/8 L Side Rock R Forward with Bend Knees (Hips Out- BW on R), Turn 1/8 L Step R Together.

Section 10 : TOUCH TOE - TOUCH HEEL - CROSS - HOLD

1-2-3-4 Touch L in Place, Touch L Heel Side, Cross L Over R, Hold
5-6-7-8 Touch R in Place, Touch R Heel Side, Cross R Over L, Hold

Section 11 : ROCK FORWARD - TURN 1/4 - CROSS - SIDE - BEHIND

1-2-3-4 Rock L Forward, Recover on R, Turn 1/4 L Step L Side, Hold
5-6-7-8 Cross R Over L, Step L Side, Step R Behind L (BW on R), Hold

Section 12 : SWEEP - STEP FORWARD - FORWARD SHUFFLE

1-2-3-4 Step L in Place, Sweep R, Step R Forward, Hold

5-6-7-8 Step L Forward, Step R Together (3rd position), Step L Forward, Hold

Section 13 : PIVOT 1/4 - 3/4 TURN RIGHT

1-2-3-4 Step R Forward, Pivot 1/4 L, Cross R Over L (Prep), Hold

5-6-7-8 Turn 1/4 R Side Step L Back, Turn 1/2 R Side, Step L Forward, Hold

Section 14 : TOUCH TOE - HIP BUMP

1-2-3-4 Touch R Toe Forward, Hip Bump Out, Step R in Place, Hold

5-6-7-8 Touch L Toe Forward, Hip Bump Out, Step L in Place, Hold

Section 15 : 1/4 DIAMOND HITCH

1-2-3-4 Cross R Over L, Step L Side, Turn 1/8 Step R Back, Hitch L

5-6-7-8 Step L Back, Turn 1/8 R Side, Step L Forward, Hold

Section 16 : STEP LOCK STEP - KNEE POP

1-2-3-4 Step R Forward, Lock L Behind, Step R Forward, Hold

5-6-7-8 Step L Slightly Forward and Pop R Knee Forward, Pop L Knee Forward, Pop R Knee Forward, Hold.

Restart With Step Change (2 x)

- On Wall 2 Section 13 (Restart on 06.00)

- On Wall 5 Section 13 (Restart on 06.00)

Sect. 13 : Pivot Turn - 1/2 Turn

1-2-3-4 Step R Forward, Pivot 1/4 L, Cross R Over L (Prep), Hold

5-6-7-8 Turn 1/4 Right Step L Back, Turn 1/4 Right Step L Side, Cross R over L, Hold.

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Last Update - 21 Jan. 2021
