

Mi Verdad

拍数: 32 墙数: 4 级数: Improver
编舞者: Mägi Keller (CH) - May 2020
音乐: Mi verdad (feat. Shakira) - Maná



Restarts - Wall 5* & Wall 11**

Side R, Cross Rock, Chasse L, Back Rock, Chasse R 1/4

1,2,3 Step RF to right, cross LF over RF, weight recover on RF
4&5 Step LF to left, close RF next to LF, step LF to left
6,7 RF Step back, weight recover on LF
8&1 Step RF to right, close LF next to RF, Step RF 1/4 to right (3:00)

Step Turn 1/2, Lock Step fwd, Rock Step, Shuffle Back

2,3 Step LF fwd, 1/2 Turn over right shoulder to RF, (9:00)
4&5 Step LF fwd, RF lock behind LF, Step LF fwd
6,7 Step RF fwd, weight recover on LF
8&1 Step RF back, LF close next to RF, step RF back

****Restart: Wall 11 after count 8& (3:00)**

Sweep Back L&R, Coaster Cross, Sway Sway, Chasse R 1/4

2,3 LF Back sweeping left around, RF back sweeping right around
4&5 Step LF back, RF close to LF, RF cross over LF
6,7 Step RF to right sway weight on R, sway weight on LF
8&1 Step RF to right, LF close next to RF, step RF 1/4 to right

***Restart: Wall 5 after count 8& (9:00)**

Step Turn R 1/4, Cross Shuffle, 1/4 Back, 1/4 Seide, Cross Rock

2,3 Step LF fwd, turn 1/4 over right shoulder to RF, (3:00)
4&5 Cross LF over RF, step RF side to R, cross LF over RF
6,7 RF Step 1/4 back over left shoulder (12:00), LF step 1/4 seide over left shoulder (9:00)
8& RF Cross over LF, weight back on LF

Ending:

Dance Count 1 from the Beginning (6:00),
Cross LF over RF, 1/2 Turn over Right
A WONDERFUL POSE....AND SMILE...