

Ellos

拍数: 32 墙数: 4 级数: Improver
编舞者: Penny Tan (MY), EWS Winson (MY) & Adelaine Ade (INA) - February 2021
音乐: Ellos - Ceko Viciny



Intro: 32 counts in (approx. 0.15 sec)

#1 (1-8) R-L Side Mambo, R Samba Whisk, L Extended Side Chasse

1&2 Weight on LF: Rock RF to R side (1), recover weight on LF (&), close RF beside LF (2) 12.00
3&4 Rock LF to L side (3), recover weight on RF (&), close LF beside RF (4) 12.00
5&6 Step RF to R side (5), rock LF behind RF (&), recover weight on RF (6) 12.00
7&8& Step LF to L side (7), step RF next to LF (&), step LF to L side (8), step RF next to LF (&)
12.00

#2 (9-16) L Side Stomp, R Behind, ¼ (L) with L Forward, R Side Stomp, L Sailor ¼ (L) with L Forward, R-L-R Syncopated Forward & Back Rocking Steps

1-2& Stomp LF to L side (1), cross RF behind LF (2), turn ¼ L stepping LF forward (&) 9.00
3 Stomp RF to R side (3) 9.00
4&5 Turn ¼ L crossing LF behind RF (4), step RF to R side (&), step LF forward (5) 6.00
6-8 Rock RF forward (6), rock LF backward (7), rock RF forward (8) - weight ends on RF 6.00

#3 (17-24) L-R Forward Walk with Shimmies, ¼ (R) with L Side Rock Cross, R Mambo ½ (R) with R Forward

1-4 Walk forward on LF & RF for 4 counts while shimmying shoulders (1-2-3-4) - weight ends on RF 6.00
5&6 Turn ¼ R rocking LF to L side (5), recover weight on RF (&), cross LF over RF (6) 9.00
7&8 Rock RF forward (7), recover weight on LF (&), turn ½ R stepping RF forward (8) 3.00

#4 (25-32) L Forward Scuff, L Side Point, L-R Side Hip Bumps, R Jazz Box with Hop & Clap

1-2 Scuff LF forward (1), point L toes to L side (2) 3.00
3&4 Bump hips to L side (3), bump hips to R side (&), bump hips to L side (4) - weight on LF 3.00
5-8 Cross RF over LF (5), step LF back (6), step RF to R side (7), close LF next to RF while hopping both feet together and clap both hands for 1 count (8) 3.00

Ending: On Wall 10, dance until count 28, then change R Jazz Box with Hop & Clap to "R Jazz Box ½ R with L crossing over RF", finishing at 12.00 o'clock.

Website: <https://sites.google.com/view/dancejournal>