

Puro Dolor

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marja Urgert (NL) - March 2021
音乐: A Puro Dolor (feat. Juan Martinez) (Radio Version) - Juan Alcaraz



Intro: 32 Counts - No Tag or Restart

Sec 1: Cross, Side, Behind, Point, Cross, 1/4 Turn L, L Chasse

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

Sec 2: R Cross Rock, Recover, Side, L Cross Rock, Recover, Side, Hold, & Together, Side

1-2-3 RF. Cross rock over LF - LF. Recover - RF. Step to R side
4-5-6 LF. Cross rock over RF - RF. Recover - LF. Step to L side
7 Hold
&8 RF. Step together - LF. Step to L side

Sec 3: Back Rock, Recover, Kick-Ball-Step, Step Fwd, Pivot 1/2 L, Shuffle 1/2 Turn L

1-2 RF. Back rock - LF. Recover
3&4 RF. Kick forward - RF. Step together - LF. Step forward
5-6 RF. Step forward - Pivot 1/2 turn L (3:00)
7&8 Shuffle 1/2 turn L stepping R.L.R (9:00)

Sec 4: Walk L,R Back, & Out Out, Hold, & Together, Jazz Box

1-2 LF. Step back - RF. Step back
&3-4 LF. Step diagonal L back (out) - RF. Step to R side (out) - Hold
& LF. Step together
5-6-7-8 RF. Cross over LF - LF. Step back - RF. Step to R side - LF. Step forward

Start Again

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