

Si Una Vez (if I Once)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Nengrany Bafadhal (INA) - April 2021
音乐: Si Una Vez (If I Once) (Spanglish Version) (feat. Frankie J, Becky G & Kap G) -
Play-N-Skillz



Intro : (16 Count)

SEC I ___ WALK, ROCK SIDE, FORWARD, ROCKING CHAIR, FORWARD MAMBO

1.2 - Step RF forward, step LF forward
3&4 - Rock RF to right side, recover on LF, step RF beside LF
5&6& - Rock LF forward, recover on RF, Rock LF back, recover RF
7&8 - Rock LF forward, recover on RF, step LF beside RF

SEC II ___ BASIC NC, SHUFFLE FORWARD, 1/2 TURN L SHUFFLE FORWARD

1.2& - Step RF to right side, step LF slightly behind RF, cross RF over LF
3.4& - Step LF to left side, step RF slightly behind LF, cross LF over RF
5&6 - Step RF forward, step LF beside RF, step RF forward
7&8 - 1/2 turn L step LF forward, step RF beside LF, step LF forward

SEC III ___ DIAMOND 3/4 TURN R

1&2& - Cros RF over LF, step LF to left side, 1/8 turn R step back on RF, hitch on LF (7.30)
3&4& - Step back on LF, 1/8 turn R step RF to right side, 1/8 turn R step LF forward, hitch on RF
(10.30)
5&6& - Cross RF over LF, 1/8 turn L step LF to left side, 1/8 turn R step back on RF hitch on LF (1.30)
7&8 - Step back on LF, 1/8 turn R step RF to right side, step LF forward (3.00)

SEC IV ___ ROCK SIDE, CROSS, ROCK FORWARD, 1/2 TURN R, LOCK SHUFFLE

1&2 - Rock RF to right side, recover on LF, Cross RF over LF
2&4 - Rock LF to left side, recover on RF, cross LF over RF
5&6 - Rock RF forward, recover on LF, 1/2 turn R step RF forward
7&8 - Step LF forward, step RF behind LF, step RF forward

(Option : FULL TURN R)

Tag After Wall : 9

1.2 - Touch R toes to the right side and raise right hand
3.4 - Raise left hand
5.6.7.8 - Lower both hand