

Meglio Di Sera

拍数: 96 墙数: 1 级数: Phrased Improver
编舞者: Panella Nicoletta (IT) - July 2021
音乐: Meglio di sera (feat. Álvaro De Luna & Astol) - Emma Muscat



INTRODUCTIONS INSTRUMENTALS - 16 COUNTS PHRASED SEQUENCES : A-B-C-A-B-C-A-B-C- TAG - A-B

PART A (32 counts)

SEQ. 1(1-8) RUMBA BOX , HOLD

1-2 Step right to right side, step left near to right
3-4 Step right back, hold
5-6 Step left to left side, step right near to left
7-8 step left forward , hold

SEQ. 2(9-16) TOUCH SIDE,TOGETHER, 1/4 TURN, HOLD, 1/2 STEP PIVOT, 1/4 TURN, HOLD

1-2 touch right to right side, touch right near to left in place (whit movement hands flamenco)
3-4 1/4 turn right step right forward (h:3.00), Hold
5-6 step left forward (h:3.00), 1/2 turn right recover weight on right (h:9.00),
7-8 1/4 turn right step left near to right in place, hold (h:12.00)

SEQ. 3(17-24) REPEAT SEQ. 1 (1-8)

SEQ. 4(25-32) REPEAT SEQ., 2 (9-16)

PART B (32 counts)

SEQ. 1(1-8) BACK RECOVER , SHUFFLE, STEP 1/2TURN, WALKING BACK

1-2 Back step right, recover weight on left
3&4 step tight forward, step left near right , step tight forward (option: step right forward, lock step left behind right, step tight forward)
5-6 step left forward, 1/2 turn left step right back (h:6.00)
7&8 walking step left back, right, back (h:6.00)

SEQ. 2(9-16) BACK RECOVER , SHUFFLE, CROSS , 1/4TURN BACK, WALKING BACK

1-2 Back step right, recover weight on left
3&4 step tight forward, step left near right , step tight forward (option: step right forward, lock step left behind right, step tight forward)
5-6 cross left over right (h:6.00) , 1/4 turn left step right back (h:3.00)
7&8 walking step left back, right, back (h:3.00)

SEQ. 3(17-24) BACK RECOVER , SHUFFLE, STEP 1/2TURN, WALKING BACK

1-2 Back step right, recover weight on left
3&4 step tight forward, step left near right , step tight forward (option: step right forward, lock step left behind right, step tight forward)
5-6 step left forward (h:3.00), 1/2 turn left step right back (h:9.00)
7&8 walking step left back, right, back (h:9.00)

SEQ. 4(25-32) BACK RECOVER , SHUFFLE,1/4TURN STEP ,1/2 TURN CLOSE, ROLLING KNEE WHIT BUMP IN PLACE

1-2 Back step right, recover weight on left
3&4 step tight forward, step left near right , step tight forward (option: step right forward, lock step left behind right, step tight forward) (h:9.00)
5-6 1/4 turn left step left forward (h:6.00), 1/2 turn left step right close near left (h:12.00)

7-8 Movement en circle (rolling , back right) the knees whit bump.

PART C (32 counts)

SEQ. 1(1-8) WEAVE RIGHT, SIDE RECOVER, CROSS1 DIAGONALLY DIRECTION

1-2-3-4 step right to right side, step left behind right, step right to right side, cross left over right
5-6 step right to right side, recover weight on left
7-8 1/8 turn left cross right over left (h.10:00), hold

SEQ. 2(9-16) WEAVE LEFT, SIDE RECOVER, CROSS1 DIAGONALLY DIRECTION

1-2-3-4 1/8 turn right (h.12:00) step left to left side, step right behind left, step left to left side, cross tight over left
5-6 step left to left side, recover weight on right
7-8 1/8 turn right cross left over right (h.1:00), hold

SEQ. 3(17-24) SLOW STEP RIGHT LEFT, STEP 1/2 TURN LEFT, 1/2 TURN LEFT TOGETHER. HOLD

1-2 slow step right forward en two counts
3-4 slow step left forward en two counts
5-6-7 Step right forward (h.12:00). 1/2 turn left recover weight on left (h.6:00), 1/2 turn left step right near to left close in place (h.12:00)
8 Hold

SEQ. 4(25-32) SLOW STEP LEFT, RIGHT BACK, ROCK RECOVER, 1 TURN SPIN RIGHT COMPLETE, HOLD

1-2 slow step left back en two counts
3-4 slow step right back en two counts
5-6 step left forward, recover weight on right (prep at turn to right)
7-8 1 turn right complete spin step left near to right (h:12:00) hokd

TAG (COUNTS 4) 4 BUMPS IN PLACE
