

Dura

拍数: 32 墙数: 4 级数: High Improver
编舞者: Anna Bax (INA) & Wina (INA) - July 2021
音乐: Dura - Daddy Yankee



Intro Music on vocal 16 counts

INTRO :

I. WALK (R-L), FWD MAMBO, RECOVER, BOTAFOGO (R-L)

1 - 2 Step R forward, Step L forward
3 & 4 & Rock R forward, Recover on left, Rock R backward, Recover on left
5 & 6 Cross R over left, Step L to side, R in place
7 & 8 Cross L over right, Step R to side, L in place

II. JAZZ BOX (R-L), PIVOT TURN ½ LEFT

1 & 2 Cross R over left, Rock L backward, Step R to side
3 & 4 Cross L over right, Rock R backward, Step L to side
5 - 6 Step R forward, Turn ½ left Recover on L (weight on left)
7 - 8 Step R forward, Turn ½ left Recover on L (weight on left)

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MAIN DANCE :

I. ROCK RECOVER, BACK RECOVER, CROSS, SIDE, TOUCH HEELS DIAGONAL FWD, DROPPED HEELS, CROSS SHUFFLE, TURN ¼ RIGHT, LOCK SHUFFLE

1 & 2 & Step R forward, Recover on left, Step R backward, Recover on left
3 & 4 & Cross R over left, Step L to side, Touch R heel diagonal forward, Dropped R heel in place
5 & 6 Cross L over right, Step R to side, Cross L over right
7 & 8 Turn ¼ R Step right forward, Lock L behind right, Step R forward

II. CROSS OVER, RECOVER, SIDE, RECOVER, CROSS BEHIND, SIDE, FWD

1 & 2 & Cross L over right, Recover on Right, Step L to side, Recover on R
3 & 4 Cross L behind right, Step R to side, Step L forward
5 & 6 & Cross R over left, Recover on left, Step R to side, Recover on left
7 & 8 Cross R behind left, Step L to side, Step R forward

III. SIDE, TOUCH, SIDE, TOUCH, CHASSE (R-L)

1 & 2 & Step L diagonal forward, Touch R beside left, Step R diagonal forward, Touch L beside right
3 & 4 & Step L to side, Close R beside left, Step L to side, Touch R beside left
5 & 6 & Step R diagonal backward, Touch L beside right, Step L diagonal backward, Touch R beside left
7 & 8 Step R to side, Close L beside right, Step R to side

IV. HEEL JACK, CROSS SUFFLE WITH SHIMMY SHOULDER, TURN ½ LEFT CROSS SUFFLE WITH SHIMMY SHOULDER, WALK SALSA FWD

1 & 2 & Cross L over right, Step R to side, Touch L heels diagonal forward, Dropped L heel in place
3 & 4 Cross R over left, Step L to side, Cross R over left (with pushing shoulder R, L, L : down, up, down)
5 & 6 Turn ½ left Cross L over right, Step R to side, Cross L over right (with pushing shoulder L, R, L : up, down, up)
7 & 8 & Step forward on R, L, R, L

TAG : TURN ¼ PRESS (R-L), BACK TO CENTER (R-L), TURN ¼ LEFT STOMP FWD, TURN ¼ LEFT

STOMP (2x), TURN ¼ LEFT TOUCH R BESIDE

- 1 - 2 Turn ¼ left Press R to side (facing on 09:00) - Turn ¼ right Step R next to L (facing on 12:00)
3 - 4 Turn ¼ right Press L to side (facing on 03:00) - Turn ¼ left Step L next to R (facing on 12:00)
5 - 6 - 7 - 8 Turn ¼ left Stomp R forward (weight on right) facing body on 09:00 - Turn ¼ left Stomp R to side (weight on right) facing body on 06:00 - Turn ¼ left Stomp R to side (weight on right) facing body on 03:00 - Turn ¼ left Touch R to beside (facing on 12:00)

Note :

(Count 5 - 6 - 7 - 8 : Can be Hip Bumps or Hip Rolls or Point Touch a Stomp Motion)

NOTE :

(1). INTRO :

16 counts

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(2). TAG :

(2a). After Intro (16 counts)

(2b). On wall 3 after (8 counts): facing on 09:00 after CHANGE STEP

(2c). On wall 7 after (16 counts): facing on 09:00 after CHANGE STEP

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(3). RESTART :

On wall 6 after (24 counts): facing on 06:00 before CHANGE STEP

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(4). CHANGE STEP :

(4a). On wall 3 (8 counts) before TAG.

FWD ON LEFT, TOUCH ON RIGHT

& 8 Step L forward, Touch R beside left.

(4b). On wall 6 (24 counts) before RESTART

CLOSE TOGETHER : Add Step (1 count)

& Close L together

(4c). On wall 7 (16 counts) before TAG

TOUCH ON RIGHT :

8 Touch R beside left

ENDING :

CROSS, RECOVER, TURN ½ LEFT, SAILOR STEP FWD

1 & 2 & 3 Cross L over right, Recover on right, Turn ½ left Cross L behind right, Close R together, Rock L forward

Enjoy your dance

Thank you ♥

For more information about Step Sheets and Song, Please contact :

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