

Me Pase

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Raymond Sarlemijn (NL) & Ira Weisburd (USA) - August 2021
音乐: ME PASE (feat. Farruko) - Enrique Iglesias



Rhythm: Reggaeton

Introduction: 16 counts. Start on vocal at approximately 28 secs.

NO TAGS ! NO RESTARTS !

ME PASE (Pronounced: "MAY PA SAY")

PART I. (SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, SWEEP R; BACK, SIDE, CROSS, SIDE, BACK, SWEEP L, BACK, SIDE)

1&2& Step R to R, Step-close L beside R, Step R to R, Touch L toe in place
3&4& Step L to L, Step-close R beside L, Step L to L, Sweep R from front to back
5&6& Step R behind L, Step L to L, Step R across L, Step L to L
7&8& Step R behind L, Sweep L from front to back, Step L behind R, Step R to R

PART II. (FORWARD, FORWARD, FORWARD, ROCK FORWARD, RECOVER; BACK, SWEEP L, 1/4 L SAILOR TURN, SWIVEL R, SWIVEL L)

1-2-3 Step L forward, Step R forward, Step L forward
4&5 (Mambo R: Step R forward, Recover back onto L, Step R back), Sweep L from front to back
6&7 Step L back making 1/4 L Turn (9:00), Step R to R, Step L across R
8& (Bring R foot beside L) Swivel both heels to the R & L

PART III. (FLICK R, CROSS, SIDE, CROSS, SWIVEL L, SWIVEL R; FLICK L, CROSS, SIDE, BACK, ROCK BACK, RECOVER)

1-2& Lift R heel back (bent R knee), Step R across L, Step L to L
3-4& Step R across L (Bring L foot beside R) Swivel both heels to L, Swivel both heels to R
5-6& Lift L heel back (bent L knee), Step L across R, Step R to R
7-8& Step L behind R, Step R back, Recover forward onto L

PART IV. (FORWARD, FORWARD, RECOVER, BACK, ROCK BACK, RECOVER; 1/8 R TURN FORWARD, 1/4 R TURN BACK, RECOVER, 1/8 R TURN, BACK, RECOVER)

1-2& Step R forward, Step L forward, Recover back onto R
3-4& Step L back, Step R back, Recover forward onto L
5-6& Step R forward making 1/8 R Turn (10:30), Step L back making 1/4 R Turn (1:30), Recover forward onto R ,
7-8& Step L to L making 1/8 R Turn (3:00), Rock back onto R, Recover forward onto L

REPEAT DANCE

Email: dancewithira@comcast.net ; rsarlemijn@gmail.com

Last Update – 7 Feb. 2022