

Simpa Pa

拍数: 48 墙数: 4 级数: Low Intermediate
编舞者: Ernie Yin (INA) - September 2021
音乐: Simpa (Симпа) - RaiM & Artur & Adil



Intro : 8 - No Tag No Restart

I. KICK - SWITCH TOUCHES SIDE - ROCK FORWARD - BACK - HEEL TWIST

1 & Kick Rf forward - Close Rf beside Lf
2 & Touch Lf to left - Close Lf beside Rf
3 & Touch Rf to right - Close Rf beside Lf
4 & Touch Lf to left - Close Lf beside Rf
5 6 & Step Rf forward - Recover on Lf - Step Rf slightly back
7 & 8 Touch Lf forward - Twist L heel out - Twist L heel back to center

II. WALK BACK - ANCHOR STEP - COASTER STEP - PIVOT 1/4 R

1 2 Step Lf back - Step Rf back
3 & 4 Step Lf back - Step Rf in place - Step Lf in place
5 & 6 Step Rf back - Close Lf beside Rf - Step Rf forward
7 8 Step Lf forward - Turn 1/4 R Step on Rf (03.00)

III. CROSS - HITCH - BACK & CROSS - HEEL GRIND 1/4 L - COASTER STEP

1 2 Cross Lf over Rf - Hitch Rf to diagonal right
3 & 4 Step Rf behind Lf - Step Lf to left - Cross Rf over Lf
5 6 Touch Lf HEEL to left - Grind L heel Turn 1/4 L weight still on Rf (12.00)
7 & 8 Step Lf back - Close Rf beside Lf - Step Lf forward

IV. DIAGONAL LOCK - SWITCHES TOUCHES HEEL FORWARD - SLIDE - SIDE SHOULDER POP

1 2 & Step Rf diagonal R forward - Lock Lf behind Rf - Step Rf diagonal R forward
3 & Touch Lf heel forward - Close Lf beside Rf
4 & Touch Rf heel forward - Close Rf beside Lf
5 6 Slide Lf to left - Tap Close Rf beside Lf
7 & 8 Press Rf to right - Pop R shoulder up - down - up - weight drop on Rf on count 8

V. CROSS - SIDE - 1/4 L SAILOR STEP - CHUG 3/4 LEFT

1 2 Cross Lf over Rf - Step Rf to right
3 & 4 Turn 1/4 L Step Lf back - Close Rf beside Lf - Step Lf forward (09.00)
5 & Turn 1/4 L Step Rf to right - Recover on Lf
6 & Turn 1/4 L Step Rf to right - Recover on Lf
7 & 8 Turn 1/4 L Step Rf to right - Recover on Lf - Step Rf forward (12.00)

VI. KICK BALL CHANGE - WALK - PIVOT 3/4 - BACK SIDE FORWARD

1 & 2 Kick Lf forward - Close Lf beside Rf - Step Rf forward
3 4 Step Rf forward - Step Lf forward
5 6 Turn 1/2 L Step on Lf - Turn 1/4 L Step Rf to right (03.00)
7 & 8 Step Lf behind Rf - Step Rf to right - Step Lf forward

Happy dancing ...
Stay safe ... Stay healthy..