

Pamela

拍数: 56 墙数: 4 级数: Improver
编舞者: Roro Line Dance (INA) - March 2022
音乐: Pamela - Vhong Navarro



S1. VINE RIGHT TWISTS

1-4 Step R to side – Cross L behind R – Step R to side – Step L together (12:00)
5-8 Twist both heels to right - Twist both heels to left - Twist both heels to right - Twist both heels to left

S2. VINE LEFT TWISTS

1-4 Step L to side – Cross R behind L – Step L to side – Step R together (12:00)
5-8 Twist both heels to left - Twist both heels to right - Twist both heels to left - Twist both heels to right

S3. SIDE TURN ¼ LEFT, TOUCH

1-4 Turn ¼ left step R to side – Touch L together – Turn ¼ left L to side - Touch R together
5-8 Turn ¼ left step R to side – Touch L together – Turn ¼ left L to side - Touch R together (6:00)

S4. BACK ROCK RECOVER, FORWARD SUFFLE, PIVOT ½ TURN LEFT

1-2 Rock R back – Recover on L
3&4 Step R forward– Lock L behind R – Step R forward
5-6 Step L forward – Lock R behind – Step L forward
7&8 Step R forward – Turn ½ left weight on L

S5. CROSS, TOUCH, JAZZ BOX TURN ¼ RIGHT

1-4 Cross R over L – Touch L to side – Cross L over R – Touch R to side
5-8 Cross R over L – Step L back – Turn ¼ right step R to side – Step L forward

S6. SIDE, TOUCH, RIGHT LINDY

1-4 Step R to side – Touch L together – Step L to side – Touch R together
5&6 Step R to side – Step L together – Step R to side
7&8 Rock L back - Recover on R

S7. SWITCH TOUCH, LEFT LINDY

1-4 Touch L to side – Touch L together – Touch L to side – Touch L together
5&6 Step L to side – Step R together – Step L to side
7-8 Rock R back – Recover on L

REPEAT

Restart : On wall 3, 5 & 7 after 36 count

For more info about step sheet & song, please contact:
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Last Update - 11 Mar 2022