

Sapa Pu Ana Nona

拍数: 32 墙数: 4 级数: Improver
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音乐: Sapa Pu Ana Nona (feat. Narlon O.T.B) - Kanzer Bolilera



Intro : 32 counts

- #1. BOTAFOGO, FORWARD MAMBO, BACK, ¼ TURN R, CROSS
1a2 Cross RF over LF, step ball LF to L, recover on RF
3a4 Cross LF over RF, step ball RF to R, recover on LF
5&6 Rock RF forward, recover on LF, step RF back
7&8 Step LF back, ¼ turn R step RF to R, cross LF over RF
- #2. HIP BUMP WITH TOUCH, BEHIND-SIDE-CROSS
1&2 Touch RF to R diagonal forward while hip bump to R-L-R
3&4 Cross RF behind LF, step LF to L, cross RF over LF
5&6 Touch LF to L diagonal forward while hip bump to L-R-L
7&8 Cross LF behind RF, step RF to R, cross LF over RF
- #3. ¼ TURN CROSS SHUFFLE, ½ TURN CROSS SHUFFLE, VOLTA ¾ TURN R
1&2 ¼ turn R cross RF over LF, step LF to L, cross RF over LF
3&4 ½ turn L cross LF over RF, step RF to R, cross LF over RF
5&6& ¼ turn R step RF forward, step ball LF together, ¼ turn R step RF forward, step ball LF together
7&8 1/8 turn R step RF forward, step ball LF together, 1/8 turn R step RF forward
- #4. FORWARD, ½ TURN L STEP BACK, COASTER STEP, JAZZ BOX
1,2 Step LF forward, ½ turn L step RF back
3&4 Step LF back, close RF next to LF, step LF forward
5,6 Cross RF over LF, step LF back
7,8 Step RF to R, step LF forward

Tag (4 counts) after Wall 6

- 1-4 Hip Sway to R-L-R-L

Have Fun...
