

5 Senses

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Tom Inge Soenju (NOR) - July 2022
音乐: 5 Sentidos - Dvicio & Taburete



Note: 88 BPM is used for the dance even though the song could be counted as 176 BPM.
The steps on count 5&6&7&8 in S2 and S4 feels faster than normal to hit beat in the music at some parts, so a tip is to take smaller steps than you normally would do and then later expand to a comfortable level :-)

Intro: 16 counts.

Sequence: Repeating sequence.

Tag/Restart: No tags or restarts.

End: Dance as normal up to S4 C5& in wall 9, then replace the next counts with: ¼ R turn stepping RF fwd (6), then pose/finish (7-8) [12:00].

SECTION 1: R SIDESTEP-TOGETHER, ¼ R CHASSE, ½ R CHASE TURN, ½ L B SHUFFLE TURN

1-2 Step RF to R side, Step LF next to RF (OPT: Clap on C2)
3&4 Step RF to R side, Step LF next to RF, ¼ R turn stepping RF fwd [03:00]
5&6 Step LF fwd, ½ R turn (weight on RF), Step LF fwd [09:00]
7&8 ¼ L turn stepping RF back, Step LF next to RF, ¼ L turn stepping RF back [03:00]

SECTION 2: ½ L SHUFFLE TURN, ½ L CHASE TURN, SIDE MAMBO SWITCHES, KNEE POPS

1&2 ¼ L turn stepping LF fwd, Step RF next to LF, ¼ L turn stepping LF fwd [09:00]
3&4 Step RF fwd, ½ L turn (weight on LF), Step RF fwd [03:00]
5&6 Rock ball of LF to L side, Transfer weight onto RF, Step LF next to RF
&7 Rock ball of RF to R side, Transfer weight onto LF
& Step RF next to LF and pop R knee out (ball of LF on floor)
8 Step RF down and pop R knee out touching RF next to LF

SECTION 3: ½ R VOLTA TURN, CROSS- 1/8 L BACK-SIDE, CROSS- ¼ R BACK-SIDE

1& 1/8 R turn stepping RF fwd, Step ball of LF behind RF [04:30]
2& 1/8 R turn crossing RF over LF, Step ball of LF behind RF [06:00]
3&4 1/8 R turn crossing RF over LF, Step ball of LF behind RF, 1/8 R turn crossing RF over LF [09:00]
5&6 Cross LF over RF, 1/8 L turn stepping RF back, Step LF to L side [07:30]
7&8 Cross RF over LF, ¼ R turn stepping LF back, Step RF to R side [10:30]

SECTION 4: ROCKING CHAIR, CROSS 1/8 SAMBA TURN, CROSS SAMBA SWITCHES, TOUCH

1&2& Rock LF fwd, Transfer weight onto RF, Rock LF back, Transfer weight onto RF [10:30]
3&4 Cross LF slightly over RF, Step ball of RF to R side, 1/8 L turn stepping down on LF [09:00]
5&6 Cross RF over LF, Step ball of LF to L side, Step down on RF
&7 Cross LF over RF, Step ball of RF to R side,
&8 Step LF down in place, Touch R toes next to LF (OPT: Clap on C8)

(INFO: The cross sambas are not meant to travel much)

Start again and enjoy! Happy Dancing!

Abbreviations: BPM: Beats per minute, S: Section, C: Count, R: Right, L: Left, F: Foot, fwd: Forward, B: Back, OPT: Optional, INFO: Information

If anything is unclear or if you would like additional information, please contact me on:

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