

Sesión 53

拍数: 32 墙数: 4 级数: Beginner
编舞者: Andrés de la Rubia Albertí (ES) - January 2023
音乐: Shakira: Bzrp Music Sessions, Vol. 53 - Bizarrap & Shakira



[1-8] Steps forward, rock, recover, back, steps back, coaster step

1-4 Rf forward, Lf forward, Rf forward, return weight Lf, Rf back
5-8 Lf back, Rf back, Lf back, Rf next Lf, Lf forward (restart 4 wall)

[9-16] Side, hold, close, side, hold, rock, recover, coaster step ¼ turn right

9-12 Rf to the right, hold, Lf next Rf (&), Rf to the right, hold
13-16 Lf forward, return weight Rf, Lf back ¼ turn right, Rf next Lf, Lf forward

[17-24] Diagonal step forward, touch, shuffle back, rock back, hip bumps (R&L&R)

17-20 Rf diagonal forward, touch Lf next Rf, Lf diagonal back, Rf next Lf, Lf back
21-24 Rf back, recover weight Lf, hip bumps R&L&R (weight to the right)

[25-32] Out, Out, coaster cross, Out, Out, coaster touch

25-28 Lf diagonal left forward, Rf diagonal right forward, Lf back, Rf next Lf, Lf cross Rf
29-32 Rf diagonal R forward, Lf diagonal L forward, Rf back, Lf next Rf, touch Rf next Lf
