

Stay Forever

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Sheila Kenny (USA) - September 2023
音乐: Tú Sí Sabes Quererme (feat. Los Macorinos) - Natalia Lafourcade : (Musas Vol 1)



#12ct Intro. 1 Restart (Dance starts prior to Vocals. Vocals begin on Wall 2)

[1-8]: Rumba Box

1,2,3,4 Step LF to L side, Step RF next to LF, Step LF forward, HOLD
5,6,7,8 Step RF to R side, Step LF next to RF, Step RF back, HOLD

[1-8]: Syncopated Lock Steps, Rock, Recover, Walk x 2

1&2 Step LF back, Cross RF over LF, Step back on LF
3&4 Step RF back, Cross LF over RF, Step back on RF
5, 6 Rock back on LF, Recover on RF
7,8 Walk forward on LF, Walk forward on RF

[1-8]: Bota Fogos, Diagonal Lock Steps

1&2 Cross LF over RF, Step RF to a back diagonal stepping on ball of RF, recover weight on LF
3&4 Cross RF over LF, Step LF to a back diagonal stepping on ball of LF, Recover weight on RF (12:00)
5&6 Step LF forward on a right diagonal (1:30), Cross RF behind LF, Step LF forward
7&8 Step RF forward on a left diagonal (10:30), Cross LF behind RF, Step RF forward

Restart here on Wall 5 (12:00)

[1-8]: Rock, Recover, Sailor, Lock Steps

1,2 Rock LF forward, Recover on RF (10:30)
3&4 Cross LF behind RF making an 1/8 turn L (9:00), Step RF to side, Step LF next to RF
5&6 Step RF forward, Cross LF behind RF, Step RF forward
7&8 Step LF forward, Cross RF behind LF, Step LF forward

[1-8]: Cross Rock, Recover, Flick, ¼ Turn, ½ Turn

1,2 Cross RF over LF, Recover weight on LF (9:00)
3,4 Cross RF over LF, Turn ¼ right flick LF around (12:00)
5,6 Cross LF over RF, Recover weight on RF
7,8 Cross LF over RF, Turn ½ left with flick RF around (6:00)

[1-8] Full Turn, Walk x 2, Anchor Step

1,2 Step RF forward (6:00), Step back on LF (12:00)
3,4 Step RF ¼ turn right (3:00), Turn ¼ L stepping LF forward (6:00)
5,6 Walk forward on RF, Walk forward on LF (6:00)
7&8 Step on ball of RF positioned slightly behind LF, Recover on LF, Recover weight on RF