

De Medio Lado

拍数: 32 墙数: 4 级数: Improver
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音乐: Zumba De Medio Lado - Zeta



START DANCING ON SINGING

No tag 1 restart

S1. CROSS SAMBA (R&L) , CROSS SUFFEL, 1/2 TURN LEFT CROSS SUFFEL

1a2 Cross R over L, Rock L to side, recover on R
3a4 Cross L over R, Rock R to side recover on L
5a6 Cross R over L, step L to side, cross R over L
7a8 1/2 turn Left Cross L over R, Step R to side, cross L over R

S2. SAMBA WHISK R-L, 1/4 TURN RIGHT DIAMOND,

1a2 Step R to side, rock L behind R, step R in place
3a4 Step L to side, rock R behind L, step L in place
5a6a Cross R over L, step L to side, 1/8 turn Right step R back, hitch on L
7a8 Step L back , 1/8 turn R step to side, step R forward (09.00)

S3. DIAGONAL LOCK STEP R, L, FORWARD MAMBO, L COASTER STEP

1 & 2 Step R diagonal forward, Lock L behind R, step R forward
3 & 4 Step L diagonal forward, lock R behind L, step L forward
5 & 6 Rock forward on right, Recover on left ,step right
7 & 8 Step back on left, step right next to left, step forward on left

S4. SIDE MAMBO R - L, V STEP

1a2 Rock R to side, recover on L, step R next to L
3a4 Rock L to side, recover on R, step L. Next to R (09.00)
5 - 8 R forward diagonal to L, L diagonal forward to R, R back to center, L beside R

Restart on wall 5 after 16 count

ENJOY THE DANCE

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Last Update – 18 Feb. 2024 – R1