

Himalaya

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Himalaya - Wisin & Pedro Capó



Info : Intro 16 counts

SEC 1 Mambo Step, Coaster Cross, Side Rock ¼ Recover ¼ Side, Samba Step

1&2 Rock right forward, recover weight onto left, step right back
3&4 Step left back, step right beside left, cross left over right
5&6 Rock right to right, turn ¼ right recover onto left, turn ¼ right step right to right (6:00)
7&8 Cross left over right, rock right to right, recover weight onto left

SEC 2 Cross Shuffle, ½ Cross Shuffle, ¼ Rock, Ball Touch, Ball Touch

1&2 Cross right over left, step left beside right, cross right over left
3&4 Turn ½ left cross left over right, step right beside left, cross left over right (12:00)
5-6 Turn ¼ right rock right forward, recover weight onto left (3:00)
&7&8 Step right back, touch left forward, step left back, touch right forward

SEC 3 Coaster Step, Rock, ½ Sailor, Step Lock Step

1&2 Step right back, step left beside right, step right forward
3-4 Rock left forward, recover weight onto right
5&6 Turn ¼ left step left behind right, turn ¼ left step right to right, step left forward (9:00)
7&8 Step right forward, lock left behind right, step right forward

SEC 4 ¾ Diamond

1&2 Cross left over right, step right to right, turn ⅛ left step left back (7:30)
3&4 Step right back, turn ⅛ left step left to left, turn ⅛ left step right forward (4:30)
5&6 Step left forward, turn ⅛ left step right to right, turn ⅛ left step left back (1:30)
7&8 Step right back, turn ⅛ left step left to left, step right forward (12:00)

SEC 5 Dorothy Step, Skate, Skate, Syncopated ¼ Jazzbox, Side

1-2& Step left forward to left diagonal, lock right behind left, step left forward
3-4 Skate right forward, skate left forward
5-6 Cross right over left, turn ¼ right step left back (3:00)
&7-8 Step right to right, cross left over right, step right to right

SEC 6 Weave, Side Rock, ¼ Weave, Rock

1&2 Step left behind right, step right to right, cross left over right
3-4 Rock right to right, recover weight onto left
5&6 Step right behind left, turn ¼ left step left forward, step right forward (12:00)
7-8 Rock left forward, recover weight onto right

SEC 7 Back, Cross Back Side, Cross Back Side, Cross, ¼ Side Shuffle

1 Step left back
2&3 Cross right over left, step left back, step right to right
4&5 Cross left over right, step right back, step left to left
6 Cross right over left
7&8 Step left to left, step right beside left, turn ¼ left step left forward (9:00)

SEC 8 Rock, Ball Back, Back, Back Rock, Ball Step, ¼ Pivot

1-2 Rock right forward, recover weight onto left

- &3-4 Step right beside left, step left back, step right back
- 5-6 Rock left back, recover weight onto right
- &7-8 Step left beside right, step right forward, pivot $\frac{1}{4}$ left transferring weight on to left (6:00)

Start Again

Last Update - 24 Mar. 2024 - R2
