

Espresso

拍数: 32 墙数: 4 级数: Improver
编舞者: Mega Lienatha Lie (INA) & mBah Wir (INA) - April 2024
音乐: Espresso - Sabrina Carpenter



Intro: 40 Count - No Tag – 1 Restart

SEC 1 : SAMBA CROSS, FORWARD MAMBO, LIFT, COASTER STEP

1&2 Cross RF over LF (1), Step LF to L (&), Step RF in place (2)
3&4 Cross LF over RF (3), Step RF to R (&), Step LF in place (4)
5&6 Rock RF Fwd (5), Recover onto LF (&), Step RF back (6), With Lift LF up (&)
7&8 Step LF back (7), Close RF next to LF(&), Step LF Fwd (8)

* Restart here on wall 5

SEC 2: SAMBA WHISK, DIAMOND

1&2 Step RF to R (1), Rock LF back (&), Recover onto RF (2)
3&4 Step LF to L (3), Rock RF back (&), Recover onto LF (4)
5&6 Cross RF over LF (5), Step LF to L (&) Turn 1/8 R stepping RF back (6)
7&8 Step LF back (7), Turn 1/8 R Stepping RF to R (&), Step LF Fwd (8)

SEC 3: FORWARD & BACKWARD SAMBA, FORWARD, TURN ½ RIGHT BACK, BACK, BACK COASTER STEP

1&2 Step R forward (1), Step L next to R (2), Step R in place (2)
3&4 Step L back (3), Step R next to L (&), Step L in place (4)
5&6 Step R forward (5), Make ½ right turn step L back (&), Step R back (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

SEC 4: WALK, WALK, TRAVELLING BOTAFOGOS, KICK BALL CHANGE

1-2 Walk forward on R (1), L (2)
3&4 Cross R over L (3), Step L to side (&), Step R in place (4)
5&6 Cross L over R (5), Step R to side (&), Step L in place (6)
7&8 Kick R forward (7), Step on ball of R next to L (&), Step R in place (8)

Begin again & Have Fun

Restart on wall 5 after 8 counts

For more questions about this dance please contact us at: lienathamega@gmail.com .or.
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