

Cecilia

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tracy Walters (CAN) - September 2024
音乐: Cecilia - Simon & Garfunkel



16 beat intro (start on vocals)

Cross Rock Steps with ¼ Turns, Mambo Steps Forward

- 1&2. Make a ¼ turn left (by pivoting on left foot) and step right foot across left foot, step (rock) left foot to the side, step right foot in place
- 3&4. Make a ¼ turn left (by pivoting on right foot) and step left foot across right foot, step (rock) right foot to the side, step left foot in place
- 5&6. Step (rock) right foot forward, -1-16 step left foot in place, step right foot next to left foot
- 7&8. Step (rock) left foot forward, step right foot in place, step left foot next to right foot
- 9-16. Repeat steps 1-8

Chasse Forward and Back

- 17&18&19&20. Step right foot forward on a diagonal, step left foot next to right foot, step right forward on a diagonal, step left foot next to right foot, step right foot forward on a diagonal, step left foot next to right foot, step right foot forward on a diagonal
- 21&22&23&24. Step left foot back on a diagonal, step right foot next to left foot, step left foot back on a diagonal, step right foot next to left foot, step left foot back on a diagonal, step right foot next to left foot, step left foot back on a diagonal

Full Paddle Turn Right, Paddle Turn 1 ¼ Turn Left

- 25&26&27&28. Make a ¼ turn right and step right foot forward, rock back on ball of left foot, make a ¼ turn right and step right foot forward, rock back on ball of left foot make a ¼ turn right and step right foot forward, rock back on ball of left foot make a ¼ turn right and step right foot forward
- 29&30&31&32. Make a ¼ turn left and step left foot forward, rock back on ball of right foot make a ½ turn left and step left foot forward, rock back on ball of right foot make a ¼ turn left and step left foot forward, rock back on ball of right foot make a ¼ turn left and step left foot forward

Begin Again!

Tag: After wall 2 (facing back) and after wall 4 (facing front)

Side Mambo Steps

- 1&2. Step (rock) right foot to the side, step left foot in place, step right foot next to left foot
- 3&4. Step (rock) left foot to the side, step right foot in place, step left foot next to right foot