Sinceramente Tua



编舞者: Sally Hung (TW) - September 2024

音乐: Sinceramente - Annalisa

Intro: 32 counts

Intro dance/Tag (after finishing Wall 8), facing 12:00, 32 counts

#1. PRIZZY WALK W/ HOLD. ROCKING CHAIR

1-4 Step R fwd cross, Hold, Step L fwd cross, Hold

5-8 Step R fwd, Recover on L, Step R backward, Recover on L

#2 POINT OUT-IN, BIG STEP, DRAG, VINE L W/ TOUCH

1-4 Point R to R side, Touch R beside L, Make a big step to R side, Drag L toward R

5-8 Step L to L, Step R behind L, Step L to L, Touch R beside L

#3. WALK BACK W/ HOLD, REVERSE ROCKING CHAIR

1-4 Step back on R, Hold, Step back on L, Hold

5-8 Rock back on R, Recover on L, Rock R fwd, Recover on L

#4. RUMBA BOX W/ HOLD

1-4 Step R to R, Step L together, Step R fwd, Hold
5-8 Step L to L, Step R together, Step back on L, Hold

MAIN DANCE (32 COUNTS)

S1. ROCK BACK, RECOVER, KICK BALL POINT, CROSS, SIDE, CROSS SHUFFLE

1,2 3&4 Rock back on R, Recover on L, Kick R fwd, Step down on R, Point L to L side 5,6,7&8 Cross L over R, Step R to R, Cross L over R, Step R beside L, Cross L over R

S2. SIDE, HOLD, BALL, SIDE, RECOVER, CROSS, SIDE, SAILOR 1/4 TUNR L

12&34 Step R to R side, Hold, Ball step R beside L, Rock L to L side, Recover on R

5,6,7&8 Cross L over R, Step R to R, Make a 1/4 turn crossing L behind R, Step R beside L, Step L

fwd

S3. STEP, LOCK, STEP, LOCK, STEP, FWD ROCK, RECOVER, SHUFFLE 1/2 TURN L

1,2,3&4 Step R fwd, Lock L behind R, Step R fwd, Lock L behind R, Step R fwd

5,6,7&8 Rock L fwd, Recover on R, 1/4 turn L stepping L to L, Step R beside L, 1/4 turn L stepping L

fwd

S4. CROSS-POINT X2, TOE SWITCHES, DIAGONAL FWD ROCK, RECOVER

1-4 Cross R over L, Point L to L side, Cross L over R, Point R to R side

5&6& Bring R toe fwd, Step R together with L, Bring L toe fwd, Step L together with R

7,8 Rock R to R diagonal fwd, Rock back on L

Enjoy!

Contact Sally Hung: hung1125@gmail.com