

Kapun

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Cati Lladó (ES) - October 2024
音乐: Kapun - Diego Torres & Carlos Vives



Part A 32 counts, Part B 32 counts
RESTART 16 counts in wall 3 (9:00), TAG after wall 5

Sequence: AB A' RESTART AB TAG AB AA'(16 counts)

Hoja redactada por Marita Torres

BUMP LEFT AND RIGHT, CHASSE RIGHT ¼ TURN, ¼ TURN RIGHT, ½ TURN RIGHT

1-2-3-4 RF to right, bump left, weight to left, bump to right
5&6 RF to side right, LF next to LF, RF to side right ¼ right
7-8 1/4 turn right LF side left, ½ turn left RF side right (12:00)

BUMP RIGHT AND LEFT, CHASSE LEFT ¼ TURN, ¼ TURN LEFT, ½ TURN LEFT

1-2-3-4 LF to left, bump right, weight right, bump left
5&6 LF to left, RF next to RF, LF to left ¼ turn left
7-8 1/4 turn left RF side right, ½ turn left LF side left (12:00)

MAMBO FORWARD, MAMBO BACK, SUFFLE FORWARD WHIT FLICK X2

1&2 RF forward, recover to LF, RF next to LF
3&4 LF back, recover to RF, LF next to RF
5&6 RF forward, LF next to RF, RF forward & flick LF
7&8 LF forward, RF next to LF, LF forward & flick RF

HEEL GRIND ROCK BACK X 2, STEPS BACK

1&2& RF push heel on the ground and swivel toe right, recover to LF, RF back, LF next to RF
3&4 RF push heel on the ground and swivel toe right, recover to LF, RF back
5&6&7 Small steps back: LF-RF-LF-RF-LF
&8 RF side right, hold

PART B

SAMBA RIGHT AND LEFT, VOLTA RIGHT (FULL TURN RIGHT)

1&2 RF side right, LF rock behind RF, recover to RF
3&4 LF side left, RF rock behind LF, recover to LF
5& RF forward ¼ right, LF next to RF
6& RF forward ¼ right, LF next to RF
7& RF forward ¼ right, LF next to RF
8 RF forward ¼ right (12:00)

SAMBA LEFT AND RIGHT, VOLTA LEFT (FULL TURN LEFT)

1&2 LF side left, RF rock behind LF, recover to LF
3&4 RF side left, LF rock behind RF, recover to RF
5& LF forward ¼ left, RF next to LF
6& LF forward ¼ left, RF next to RF
7& LF forward ¼ left, RF next to RF
8 LF forward ¼ right (12:00)

HITCH X 2, COASTER STEP, STEP TURN STEP X 2

1&2 LF hitch, LF in place, LF hitch (In every hitch, bring your hands to your heart)

3&4 LF back, RF back, LF forward
5&6 RF forward, ½ turn left, RF forward
7&8 LF forward, ½ turn right, LF forward

HITCH X 2, COASTER STEP, WALKING ¾ TURN RIGHT

1&2 LF hitch, LF in place, LF hitch (In every hitch, bring your hands to your heart)
3&4 LF back, RF back, LF forward
5-6-7-8 Steps ¾ right RF-LF-RF-LF (9:00)

TAG AFTER PART B WALL 5 (6:00)

MAMBO RIGHT AND LEFT, PADEL FULL TURN LEFT

1&2 RF to side right, recover to LF, RF next to LF
3&4 LF to side left, recover to RF, LF next to RF
5&6&7&8 RF forward pushing ¼ turn left & recover to LF x 4 (6.00)(opening arms)

MAMBO LEFT AND RIGHT, PADEL FULL TURN RIGHT

1&2 LF to side left, recover to RF, LF next to RF
3&4 RF to side right, recover to LF, RF next to LF
5&6&7&8 LF forward pushing ¼ turn right & recover to RF x 4 (6:00)(opening arms)
