

Hola

拍数: 32 墙数: 4 级数: Advanced Beginner
编舞者: Emma Olson (USA) - December 2024
音乐: Hola (feat. Maluma) - Flo Rida



***3 restarts, no tags

Song starts when the word "Hola" is said at (0:08)

(1- 8) Step out, step in, step in place, step out, then in, step in place

- 1 Step out on the R leg
- 2 Bring R leg back in
- 3 Step out on the L leg
- 4 Bring L leg back in
- 5 Step in place with R foot
- 6 Step in place with L foot
- 7 Step in place with R foot
- 8 Step in place with L foot

(9- 16) Step out, step in, step in place, step out, then in, step in place

- 1 Step out on the R leg
- 2 Bring R leg back in
- 3 Step out on the L leg
- 4 Bring L leg back in
- 5 Step in place with R foot
- 6 Step in place with L foot
- 7 Step in place with R foot
- 8 Step in place with L foot

(17- 24) Cross Mambo, Cross Mambo, Roll Hips 1/4 Turn, Roll Hips 1/4 Turn

- 1& 2 Rock R over L (1), Recover back on L (&), Step R to side (2)
- 3& 4 Rock L over R (3), Recover back on R (&), Step L to side
- 5,6,7,8 Step R forward (5), Roll your hips counter clockwise (6), step R foot forward to new wall (7) while turning 1/4 over L shoulder to new wall while still rolling hips counter clockwise (8)

(25- 32) Cross, Back, Heel Fan, Heel Fan, Back, Sailor step, sailor step

- 1, 2 Cross R over L (1), Step L back (2) (6:00)
- 3, 4 Step back on R while fanning L toes out (3), Step back on L while fanning R toes out (4)
- 5& 6 Sailer step with R foot stepping behind the L foot (5), with landing on L foot (6)
- 7& 8 Sailer step with L foot going behind the R foot but turning 1/4 to new wall

Start from top

Restarts 1 & 2 is after the lyrics "I saw you across the room, and I just had to say", starting again when it's said "Hola" (0:50 & 1:50)

Restart 3 is when the song goes "Lets see if you can take it" (2:33)