

La Tortura

拍数: 48 墙数: 2 级数: Beginner
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音乐: La Tortura - Shakira



¼ PIVOT LEFT 2X, MAMBO FORWARD, MAMBO BACK

1-2 Step forward right. Pivot ¼ turn left
3-4 Step forward right. Pivot ¼ turn left
5 Rock forward on right
&6 Rock back onto left, step back on right
7 Rock back on left
&8 Rock forward on right, step forward left

SIDE ROCK & CROSS RIGHT & LEFT, LOCK SHUFFLE BACK, SWEEP LEFT, STEP IN PLACE RIGHT & LEFT

1 Rock right to right side
&2 Rock onto left in place, cross right over left
3 Rock left to left side
&4 Rock onto right in place, cross left over right
5& Step back right, cross left over right
6 Step back right
7 Sweep left foot out from front to back
&8 Step in place - right-left

CHASSE RIGHT, COASTER STEP, POINT ACROSS, POINT, CROSS SHUFFLE

1& Step right to right side, close left beside right
2 Step right to right side
3&4 Step left back, step right beside left, step forward left
5-6 Touch right across left, touch right to right side
7& Cross right over left, step left to left
8 Cross right over left

¼ TURN, STEP, STEP, ROCK STEP, SHUFFLE TURN LEFT 2X

1-2 Pivot ¼ turn left step forward left - step forward right
2-4 Rock forward on left, rock back onto right
5&6 Shuffle step ½ turn left, stepping left-right-left
7&8 Shuffle step ½ turn left, stepping -right-left-right

COASTER STEP, DIAGONAL STEPS AND SHUFFLE

1&2 Step left back, step right beside left, step forward left
3-4 Step right forward into left diagonal, step left beside right
5& Step right forward into left diagonal, lock left behind right
6 Step right forward into left diagonal
7-8 Step left forward into right diagonal, step right beside left

DIAGONAL SHUFFLE, ¾ TURN RIGHT, BACK ROCK, HIP SWAY

1& Step left forward into right diagonal, lock right behind left
2 Step right forward into left diagonal
3 Pivot ½ turn right step forward right
4 Pivot ¼ turn right step left to the left side
5-6 Rock back on right - rock forward on left

- 7 Small step right to right side, sway hips to right side
- 8 Sway hips to left side

REPEAT
