

La Veda

拍数: 32 墙数: 4 级数: Improver
编舞者: Susan Bangonkale (SG)
音乐: La Vida Es un Carnaval - Celia Cruz



ROCK, PADDLE RIGHT 3/8 TURN, BACK MAMBO

1&2& Facing diagonally right (1/8 right from 12:00), rock on the right, recover on the left, repeat

Optional: roll your hips with both hands in the air - Hawaiian style

3&4& Facing diagonally left (1/8 left from 12:00) rock on the left, recover on the right with both hands in the air. Repeat

Optional: roll your hips with both hands in the air - Hawaiian style

5&6& Rock on the ball of the right slightly to the right, recover on the left, repeat

You should be facing 3:00

7&8 Rock right back, recover on the right and step right next to the left

LEFT SHUFFLE, SKATE, KICK AND CROSS, POINT

1&2 Step left forward, step right behind left, step left forward

3&4 Skate right diagonally to the right, skate left diagonally to the left, skate right with ¼ right turn

5&6 Left low kick, recover left next to the right, cross right over left

7&8 Point left to the left, recover left next to the right, point right to the right

JAZZ BOX ¼ RIGHT TURN, KNEE POP, ½ RIGHT TURN, STORM

1&2 Step right over left, recover on the left, step right ¼ right turn, weight remains on the left

3&4 Right knee pop inwards, return, hitch

5-6 Step back on the right, ½ right turn

7&8 Storm forward left, right, left

MAMBO CROSS RIGHT LEFT, MAMBO BACK FRONT

1&2 Rock right to the right, recover on the left, cross right over left

3&4 Rock left to the left, recover on the right, cross left over right

5&6 Rock right back, recover on the left, step right next to left

7&8 Rock left front, recover on the right, step left next to right

REPEAT
