

Latin Heat

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Pete Harkness (UK)
音乐: Bailamos (Groove Bros Remix) - Enrique Iglesias



TOUCH FRONT-SIDE TWICE, ¼ COASTER TURN, TOUCH WITH HEEL BOUNCE TWICE

1-2 Touch right toes to front, touch right toes ¼ right (look to right)
3-4 Touch right toes to front (look forward), touch right toes ¼ right (look to right)
&5&6 On ball of left turn ¼ right, step back on right, step left next to right, step right forward
&7-8 Touch left toes forward, bounce left heel twice

On count 7 cross right arm over left at waist level pointing down, on count 8 bring arms to shoulder height clicking finger

SHUFFLE, STEP-½ TURN, ROCK CROSS STEPS TWICE

1&2 Shuffle forward on left-right-left
3-4 Step forward on right, pivot ½ turn left
5&6 Step right to right side, rock weight onto left, cross step right over in front of left
7&8 Step left to left side, rock weight onto right, cross step left over in front of right

STEP-½ TURN, FULL TURN FORWARD, SHUFFLE LOCK TWICE

1-2 Step forward on right, pivot ½ turn left
3-4 On ball of left pivot ½ left stepping back on right, on ball of right pivot ½ turn left stepping forward on left
5&6 Step forward on right, lock left behind right, step forward on left
7&8 Step forward on left, lock right behind left, step forward on left

When moving forward on shuffle locks, push hips forward cha-cha style

TOUCHES, COASTER STEP, TOUCHES, ¼ COASTER TURN

1-2 Touch right toes to front, touch right toes to right side
3&4 Step back on right, step left next to right, step right forward
5-6 Touch left toes to front, touch left toes to left side
&7&8 On ball of right turn ¼ left, step back on left, step right next to left, step left forward

STEP-½ TURN, TOUCH-CROSS, SIDE-BACK-CROSS, ROCK STEP

1-2 Step forward on right, pivot ½ turn left
3-4 Touch right to right side, step right across and in front of left
5&6 Step left to left side, step right back, step left over in front of right
7-8 Step right to right side, rock weight onto left

CROSS SHUFFLE, ROCK STEP, CROSS SHUFFLE, TOUCHES

1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Step left to left side, rock weight onto right
5&6 Cross step left over right, step right to right side, cross step left over right
7-8 Touch right toes to side, touch right toes next to left

On count 7 point right arm down in line with right leg, bending left arm at chest height as if pulling a bow, bring arms back to waist height on count 8

REPEAT