

# Orinocco Flow

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: Orinocco Flow - Enya



## CROSS, STEP, HINGE, SLIDE TWICE

- 1-4      Cross left over right, step ball of right to right, & hinge  $\frac{1}{2}$  turn left, long step left to left, slide right next to left (no weight)  
5-8      Cross right over left, step ball of left to left & hinge  $\frac{1}{2}$  turn right, long step right to right, slide left next to right (no weight)

## ROCK, RECOVER, STEP, SLIDE, BEHIND, TURN, STEP, SLIDE

- 9-12      Rock left over right, recover weight to right foot, long step left to left side, slide right next to left (no weight)  
13-16      Cross-step right behind left, step ball of left to left & turn  $\frac{1}{2}$  turn left, step right foot to right side, slide left next to right (no weight)

## ROCK, RECOVER, STEP, SLIDE, ROCK, RECOVER, $\frac{1}{4}$ BACK, SLIDE

- 17-20      Rock left over right, recover weight to right, step left foot to left side, slide right next to left (no weight)  
21-24      Rock right over left, recover weight to left, step back on right making  $\frac{1}{4}$  turn left, slide left next to right (no weight)

## STEP, HOLD, SWAY, VINE

- 25-28      Step left foot to left rocking weight onto it, hold for one count, rock weight onto right (sway hips right), rock weight onto left (sway hips left)  
28-32      Step right foot to right, cross-step left behind right, step right foot right, cross-step left over right

## STEP, HOLD, SWAY, VINE

- 33-36      Step right foot to right rocking weight onto it, hold for one count, rock weight onto left (sway hips left), rock weight onto right (sway hips right)  
37-40      Step left foot to left, cross-step right behind left, step left foot to left, cross-step right over left

## ROCK, TURN, STEP, SLIDE, TURN, ROCK, RECOVER, SLIDE

- 41-44      Rock forward onto left foot, recover weight to right & on ball of right make  $\frac{1}{2}$  turn left, step forward on left, slide right next to left  
45-48      Step forward on ball of right & make  $\frac{1}{2}$  turn left, rock back on left, recover weight to right, slide left next to right (no weight)

## REPEAT

Dance should be danced flowing, on all slides the foot is going to continue to move passed the weighted foot onto the next step, timing can also be thought of as QQS.