

Paso Por Paso

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Peter Metelnick (UK)
音乐: Que Si, Que No - Jodi Bernal



Sequence: AAB, AC(8), AB, AA, C(4), Bs to the end

PART A: (THE VERSES AND INSTRUMENTALS)

RIGHT CROSS ROCK & RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK, LEFT BACK SHUFFLE

- 1-2 Cross rock right foot over left, recover weight on left foot
- 3&4 Step right foot to right side, step left foot together, step right foot to right side
- 5-6 Cross rock left foot over right, recover weight on right foot
- 7&8 Step left foot back, step right foot together, step left foot back

RIGHT ROCK BACK & RECOVER, RIGHT SUGAR FOOT, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN

- 1-2 Rock right foot back, recover weight on left foot
- 3-4 Touch right toes in toward left instep, touch right heel in toward left instep
- 5&6 Step right foot forward, step left foot together, step right foot forward
- 7-8 Step left foot forward, pivot ½ right

LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

- 1&2 Step left foot to left side, step right foot together, step left foot to left side
- 3-4 Rock right foot back, recover weight on left foot
- 5&6 Step right foot to right side, step left foot together, step right foot to right side
- 7-8 Rock left foot back, recover weight on right foot

LEFT SUGAR FOOT, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT & LEFT APART

- 1-2 Touch left toes in toward right instep, touch left heel in toward right instep
- 3&4 Step left foot forward, step right foot together, step left foot forward
- 5-8 Step right foot forward, pivot ½ left, step right foot slightly right, step left foot apart

PART B: (QUE SI QUE NO (CHORUS))

ARMS UP!, RIGHT FORWARD SHUFFLE & ROLL!, LEFT ROCK FORWARD & RECOVER

- 1-2 Bend left arm up with hand making a fist & bend right arm in so right fist is toward left elbow, hold
- 3-4 Bend right arm up with hand making a fist & bend left arm in so left fist is toward right elbow, hold (weight is on left foot)
- 5&6 Step right foot forward, step left foot together, step right foot forward (roll arms clockwise)
- 7-8 Rock left foot forward, recover weight on right foot

½ LEFT TURNING SHUFFLE, RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT CROSSING TRIPLE, LEFT STEP SLIDE

- 1&2 Turning ½ left step left foot forward, step right foot together, step left foot forward
- 3-4 Step right foot forward, pivot ¼ left
- 5&6 Cross step right foot over left, step left foot to left side, cross step right foot over left
- 7-8 Step left foot to left side, slide right foot together (weight remains on left foot)

RIGHT TO RIGHT SIDE & ARMS UP, HOLD & SNAP, ½ RIGHT & LEFT TO LEFT SIDE & ARMS CROSSED, HOLD & SNAP, RIGHT & LEFT SAILOR STEPS

- 1-2 Step right foot to right side & raise both hands up above head, hold & snap fingers (weight on right foot)
- 3-4 Turning ½ right on right foot step left foot to left side & cross right arm over left at mid chest level, hold and snap fingers (weight on left foot)
- 5&6 Cross step right foot behind left, step left foot to left side, step right foot to right
- 7&8 Cross step left foot behind right, step right foot to right side, step left foot to left

¼ RIGHT SAILOR STEP, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT KICK STEP APART

- 1&2 Cross step right foot behind left turning ¼ right, step left foot back, step right foot forward
- 3-4 Step left foot forward, pivot ½ left
- 5&6 Step left foot forward, step right foot together, step left foot forward
- 7&8 Kick right foot forward, step right foot apart, step left foot apart
- 33-64 Repeat B to return to front wall

PART C

BUMP THOSE HIPS! JUST SHAKE IT FOR 8 OR 4!

There are 2 breaks in the music: the 1st for 8 counts (C8), and the 2nd for 4 counts (C4). For C8, the break comes at the end of an instrumental section when you are doing part A. During the break just bump your hips for 8 ending with weight on left foot to go into part A again (verse). For C4, the break comes after a verse when you are doing part A. Again during the break just bump your hips for 4 ending with weight on left foot to go into part B (chorus). You can hear a change in the music when the breaks arrive.
