

拍数: 64 墙数: 4 级数:
编舞者: Peter Metelnick (UK)
音乐: La Parranda (Remix Radio Mix) - Gloria Estefan



RIGHT SIDE SHUFFLE, HIP BUMPS, LEFT SIDE SHUFFLE, HIP BUMPS

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
- 3&4 Bump hips right-left-right
- 5&6 Step left foot to left side, step right foot together, step left foot to left side
- 7&8 Bump hips left-right-left (weight ends on left foot)

RIGHT SIDE SHUFFLE, SYNCOPATED LEFT & RIGHT CROSS ROCK STEPS, 2 HEEL SPLITS

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
- 3&4 Cross step left foot over right foot and rock forward, recover weight on right foot, step left foot together
- 5&6 Cross step right foot over left foot and rock forward, recover weight on left foot, step right foot together
- &7&8 Split heels apart, turn heels together, split heels apart, turn heels together (weight ends on right foot)

LEFT SIDE SHUFFLE, SYNCOPATED RIGHT & LEFT CROSS ROCK STEPS WITH ¼ LEFT TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1&2 Step left foot to left side, step right foot together, step left foot to left side
- 3&4 Cross step right foot over left foot and rock forward, recover weight on left foot, step right foot together
- 5&6 Cross step left foot over right foot and rock forward, recover weight on right foot, step left foot together turning ¼ left
- 7-8 Step right foot forward, pivot ½ left

WALK FORWARD 4, HIP BUMPS RIGHT TWICE, LEFT TWICE

- 1-4 Walk forward right-left-right-left
- 5-8 Bump hips right twice, bump hips left twice

SYNCOPATED SIDE ROCK STEPS RIGHT & LEFT, RIGHT FORWARD COASTER STEP, ½ LEFT & LEFT FORWARD SHUFFLE

- 1&2 Step right foot to right side and rock, recover weight on left foot, step right foot together (alternate: touch right foot to right side, step right foot together)
- 3&4 Step left foot to left side and rock, recover weight on right foot, step left foot together (alternate: touch left foot to left side, step left foot together)
- 5&6 Step right foot forward, step left foot together, step right foot back
- 7&8 Pivot ½ left on right foot and step left foot forward, step right foot together, step left foot forward

SYNCOPATED SIDE ROCK STEPS RIGHT & LEFT, RIGHT FORWARD COASTER STEP, ½ LEFT & LEFT FORWARD SHUFFLE

- 1-8 Repeat previous 8 counts

RIGHT FORWARD SYNCOPATED ROCK STEP, LEFT SLIDE TOGETHER & CLAP twice, REPEAT ALL REVERSED

- 1&2 Rock step right foot forward, recover weight on left foot, step right foot back
- 3&4 Slide left foot together keeping weight on right foot, clap twice
- 5&6 Rock step left foot forward, recover weight on right foot, step left foot back
- 7&8 Slide right foot together keeping weight on left foot, clap twice

RIGHT FORWARD SYNCOPATED ROCK STEP, LEFT SLIDE TOGETHER & CLAP TWICE, REPEAT ALL REVERSED

1-8 Repeat previous 8 counts

REPEAT
