

Una Noche

拍数: 32 墙数: 2 级数: Improver
编舞者: Elaine Wheeler (USA)
音乐: Give Me Just One Night (Una Noche) - 98 Degrees



CUCURACHA RIGHT, LEFT

- 1 Step right to right side (raise left heel)
- 2 Recover on left
- 3 Bring right back in (slightly behind and to side of left)
- 4 Change weight to right

- 5 Step left to left side (raise right heel)
- 6 Recover on left
- 7 Bring left back in (slightly behind and to side of right)
- 8 Change weight to left

WALK FORWARD RIGHT, LEFT, MAMBO

- 9-10 Walk forward right, left (use some hip action...salsa style)
- 11 Rock forward on right
- & Recover on left
- 12 Bring right beside left and change weight to right

SYNCOPATED SIDE STEPS (PUSH LEFT HIP OUT WITH EACH STEP)

- 13& Step left to left and step right beside left
- 14& Step left to left and step right beside left
- 15& Step left to left and step right beside left
- 16 Step left to left

CROSS OVER SHUFFLE WITH ½ TURN

- 17 Cross right over left
- 18 Bring left up and over right knee
- 19 Step with left to right (keeping it crossed over right, begin ½ turn)
- & Bring right beside left
- 20 Step left over right to right side finishing ½ turn

ROCK BACK, FULL TURN

- 21 Step back on right
- 22 Recover on left
- 23-24 Complete full turn to left stepping right, left

MAMBOS

- 25 Step forward right
- 26 Recover on left
- 27 Step right beside left
- 28 Change weight to right

- 29 Step back on left
- 30 Recover on right
- 31 Step left beside right
- 32 Change weight to left

REPEAT
