

Una Noche

拍数: 64 墙数: 2 级数: Advanced
编舞者: Noel Bradey (AUS) & Margaret Parrish (AUS)
音乐: Give Me Just One Night (Una Noche) - 98 Degrees



- 1-2& Rock/step left to left side, rock onto right in place, step left beside right
3-4 Touch right toe to right side, step on right beside left
5-6 Rock/step back on left, replace weight forward onto right
& Step forward on left flicking right foot back at 45° with knee bent
7-8 Body angled to left sassy walk right over left, body angled to right, sassy walk left over right
- 1-2 Half (½) pivot turn right (weight on left), step back on right
&3-4 Step slightly back on left, cross/step right over left, stomp left beside right
5-6 Large step right on right, slide left to beside right (weight on right)
&7-8 Cross/step left behind right, cross/step right over left, stomp left beside right
- 1-2& Rock/step right to right, replace weight onto left, step right beside left
3-4 Step back on left, replace weight forward onto right
5-6& Rock/step left to left, replace weight to right, step left beside right
7-8 Touch right toe to right side, turning ½ turn right drag right to beside left (weight on right)
- 1-2& Rock/step left to left side, replace weight onto right, step left beside right
3-4 Step back on right, replace weight forward onto left
5-6 Rock/step right to right side, replace weight forward onto left
&7&8 Step on right beside left, touch left to left, touch left closer to right, stomp left beside right
- 1-2& Turn ¼ turn left stepping back on right, replace weight forward on left, step forward on right
3-4 Touch left straight back, turn ½ turn left sliding left to beside right (weight on left)
5-6 Stomp right foot forward at 45 degrees right (pushing hips forward & hands out), hold
7-8 Stomp left foot forward at 45 degrees left (pushing hips forward & hands out), hold
- 1-2 Step forward right, step left beside right
&3-4 Step back on right, step forward on left, stomp right beside left (weight on left)
5-6 Rock/step right to right, replace weight to center on left
&7-8 Step right beside left, large step left to left, slide right to beside left (pushing hips left - weight on left)
- 1-2 Turn ¼ turn right stepping forward on right, hold
&3-4 Step left beside right, step forward right, step left beside right
5-6 Rock/step right to right side, replace weight onto left
&7-8 Step right beside left, touch left toe to left side, touch left toe beside right
- 1-2 Rock/step forward on left, replace weight onto right
&3-4 Step left beside right, touch right straight back, turn ½ turn right (weight on right)
5-6 Step forward on left, pivot turn ½ turn right (weight on right)
&7-8 Step left beside right, step forward on right, stomp left beside right, (weight on right)

REPEAT