

Wrapped

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Minna Liljamo (FIN)
音乐: Wrapped - Gloria Estefan



ROCK STEP, WEAVE, ROCK & ACROSS, SHUFFLE TURN ¼, ROCK STEP

- 1-2 Rock right forward and across left, recover weight on left
- &3 Step right side, step left across right
- 4&5 Rock right side, recover weight on left, step right across left
- 6&7 Turn ¼ to right and step left back, turn ½ to right and step right forward, step left forward
- 8& Rock right side, recover weight on left

STEP, ROCK STEP, STEP, ROCK STEP, STEP, SHUFFLE, TURN ½

- 1-2& Step right diagonally forward and across left, rock left diagonally forward, recover weight on right
- 3-4& Step left diagonally back and behind right, rock right diagonally back, recover weight on left
- 5 Step right forward
- 6&7 Shuffle forward left-right-left
- 8 Turn ½ to right ending weight on left

STEP, ROCK STEP, STEP, ROCK TURN ¼, STEP, SHUFFLE, STEP

- 1-2& Step right back, rock left side, recover weight on right
- 3-4& Step left across right, rock right side, turn ¼ to left and recover weight on left

Restart goes here on wall 5

- 5 Step right forward
- 6&7 Shuffle forward left-right-left
- 8 Step right forward

STEP, ROCK STEP, STEP, ROCK STEP, STEP, ½ PIVOT, STEP, TURN ¼

- 1-2& Step left forward, rock right forward, recover weight on left
- 3-4& Step right back, rock left back, recover weight on right
- 5-6& Step left forward, step right forward, pivot ½ turn to left
- 7-8 Step right forward, turn ¼ to left ending weight on left

REPEAT

RESTART

On wall 5, dance only counts 1-20&. Then restart from count 1. After the restart you are facing the first wall, weight is on your left foot, and the dance starts again