

Juanita

拍数: 0 墙数: 0 级数:
编舞者: Mark Hood (UK) & Douglas Semple (UK)
音乐: Juanita (Red) - Shania Twain



Sequence: A B C A B C A TAG A C

PART A

¼ TURNS WITH HIPS TWICE ROCK RECOVER COASTER STEP

1-4 Step right forward bump hips turning to the right a ¼ turn left, repeat
5-8 Rock right forward recover weight on left, step right back & step left beside right step right forward

¼ TURNS WITH HIPS TWICE ROCK RECOVER COASTER STEP

9-16 Repeat 1-8 on left

STEP LOCK SYNCOPATED LOCKS SNAP ½ TURN RAISE RECOVER STEP SHUFFLE

17-20 Step right forward lock left behind right, step right forward & lock left behind right, step right forward touch left behind right
&21-24& Step left forward with ½ turn (snap turn) right, raise the right just of the floor replace right step left forward shuffle right forward

HIP ROCKS SAILOR CROSSES TWICE

25-28 Rock left to the left with hips recover on the right step left behind right step right the right cross left over right
29-32 Repeat on right

PART B

¼ TURNS WITH HIPS TWICE, FORWARD HIP ROCK RECOVER COASTER STEP

1-4 Step left forward bump hips turning to the left a ¼ turn right, repeat
5-8 Rock left forward rolling hips forward rolling hips back recover on right, step left back step right beside left step left forward

FORWARD HIP ROCK RECOVER COASTER STEP TWICE

9-16 Repeat 5-8 of Part B right then left

STEP LOCK STEP TOUCH

17-20 Step right forward lock left behind right step right forward touch left beside right

PART C

PADDLE FULL TURN CROSS SIDE KICK SIDE STEP

1&2&3&4& Make a ¼ turn the right rocking left to the side recover weight on right repeat three more time
5&6 Cross left over right step right to the right kick left diagonally forward
7&8 Step left to the left step right over left step left to the left

PADDLE FULL TURN CROSS SIDE KICK ¼ TURN STEP, STEP ½ PIVOT

9&10&11&12& Make a ¼ turn the left touching right to the side repeat three more time
13&14 Cross right over left step left to the left make a ¼ turn kicking right forward
15&16 Step right forward step left forward pivot ½ turn (weight ends on left)

MAMBO BACK SHUFFLE LOCK FORWARD, FORWARD MAMBO ½ TURN ½ TURN SHUFFLE BACK

17&18 Rock right back recover on left step right beside left
19&20 Step left forward lock right behind left step left forward

- 21&22 Rock right forward recover on left starting ½ right step right forward finishing ½
23&24 Make a ½ turn stepping back on left step right beside left step left back

STEP BACK TOUCH STEP FORWARD TOUCH MAMBO CROSS SIDE ROCK RECOVER

- 25-26 Step right back touch left beside right (opt head looks right left finger as to say I'm not looking)
27-28 Step left forward touch right beside left
29&30 Rock right to the right recover on the left step right over left
31-32 Rock left to the left recover on the right

¾ TURN ON A CROSS BALL STEP 1¼ TURN MOVING FORWARD ROCK RECOVER SIDE SAILOR CROSS

- 33&34 Step left over right turn ¼ turn to the right step right back with ¼ turn to the right step left forward with ¼ turn to the right
35&36 Traveling forward make a 1 ¼ turn to the left stepping right left right
27&38 Rock left back recover on right long step left to the left
39&40 Step right behind left step left to the left cross right over left

HIP ROCK RECOVER SAILOR CROSS HIP ROCKS

- 41-42 Rock left to the left with hip bump left recover on right with hip bump right
43&44 Step left behind right step right to the right step left over right
45-46 Rock right forward bumping hips forward recover on left bumping hips back
47-48 Rock right back bumping hips back recover on left bumping hips forward

STEP PIVOT ½ SHUFFLE ¾ SWAYS

- 49-50 Step right forward pivot ½ turn left
51&52 Step right forward turning ½ turn right make ¼ turn step left to the left step right behind left
53-54 Step left to the left swaying hips to the left sway hips to the right
55&56 Sway hips to the left right left (weight on left)

TAG

¼ TURNS WITH HIPS

- 1-2 Step left forward making ¼ bumping hips left right
3&4 Step left forward making ¼ bumping hips left right left
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