

Estoy Aquí

拍数: 48 墙数: 2 级数: Intermediate
编舞者: DJ Dan (NL) & Wynette Miller (NL)
音乐: Estoy Aquí - Shakira



HEEL FORWARD, TOE BACK, SHUFFLE, ROCK STEP, COASTER STEP

1-2 Touch right heel forward, touch right toe back
3&4 Shuffle forward stepping right, left, right
5-6 Rock left forward, recover weight on right
7&8 Step left back, step right next to left, step left forward

RIGHT & LEFT HEEL SWITCHES, SHUFFLE, TWICE

1& Touch right heel forward, step right next to left
2& Touch left heel forward, step left next to right
3&4 Shuffle forward stepping right, left, right
5& Touch left heel forward, step left next to right
6& Touch right heel forward, step right next to left
7&8 Shuffle forward stepping left, right, left

SYNCOPATED VINE, KICK, SAILOR STEP, TOUCH BEHIND, UNWIND ½ TURN LEFT

1-2 Step right to right side, cross left behind right
&3-4 Step right to right side, cross left over right, kick right diagonal right
5&6 Cross right behind left, step left to left side, step right to right side
7-8 Touch left behind right, unwind ½ turn left (weight ends on left)

SIDE, CLAP, TOGETHER, SIDE, CLAP, ROCK STEP, COASTER STEP

1-2 Step right to right side, clap hands
&3-4 Step left next to right, step right to right side, clap hands
5-6 Rock left forward, recover weight on right
7&8 Step left back, step right next to left, step left forward

POINT, CROSS, UNWIND ½ TURN LEFT, HOOK, SHUFFLE, STEP, PIVOT ½ TURN LEFT

1-2 Point right to right side, cross-touch right toe over left
3-4 Unwind ½ turn left (weight ends on right), hook left heel in front of right shin
5&6 Shuffle forward stepping left, right, left
7-8 Step right forward, pivot ½ turn left (weight ends on left)

ROCK STEP, ½ TURN RIGHT, ½ TURN RIGHT, SHUFFLE BACK, STEP, MAMBO STEP

1-2 Rock right forward, recover weight on left
3 Make on ball of left ½ turn right stepping forward on right
4 Make on ball of right ½ turn right stepping back on left
5&6 Shuffle back stepping right, left, right
7&8 Rock left back, recover weight on right, step left forward

REPEAT