

El Nin Yo!

拍数: 128 墙数: 1 级数: Intermediate
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音乐: El Nin -Yo! - Tata Young



SIDE TOUCHES (WITH ARMS PUNCHES), CHEST PUSH FORWARD AND BACK, SHOULDER POPS, LEFT SIDE JAZZ JUMP - TWICE

- 1-4 Step right to right, touch left toes to left, step left to left, touch right toes to right
Arms on count 2, punch right arm up and left arm down, each hand making a sign language for 7 (thumb tip to tip of ring finger). On counts 4, do the reverse. I.e. Punch left arm up and right arm down, each hand making a sign language for 7
- & Step right close beside left
- 5 Placing each palm on each front hip (with fingers of each palm pointing towards each other), arch upper body to push chest out/forward (both shoulders will lean back)
- 6 With palms in the same position, arch upper body to push chest in/back (both shoulders will be pushed forward)
- &7 Drop hands to both sides - pop right shoulders, pop left shoulders
- 8 With both feet closed, jump to left as push right hand out to right side (look right for better styling)
- 9-16 Repeat counts 1-8

SIDE TOUCHES (WITH ARMS PUNCHES), CHEST PUSH FORWARD AND BACK, SHOULDER POPS, RIGHT SIDE JAZZ JUMP TWICE

- 17-23 Repeat counts 1-7
- 24 With both feet closed, jump to right as push left hand out to left side (look left for better styling)
- 25-32 Repeat counts 17-24

VAUDEVILLE, TOGETHER TOUCH, SIDE TOUCH, SAILOR STEP, ¼ RIGHT SAILOR TURN

- 33&34 Cross right over left, step left to left, touch right heel forward
- &35-36 Step right beside left, tap left toe beside right, tap left toe to left
- 37&38 Cross left behind right, step right to right, step left to left
- 39&40 Cross right behind left, execute ¼ turn right and then step left to left, cross right over left

SIDE, CROSS KICK, TOGETHER, CROSS LOW KICKS TWICE, BALL-CROSS, COASTER, ½ RIGHT PIVOT TURN

- 41-42& Step left to left, cross kick right over left, step right beside left
- 43-44 Cross kick (low kick) left over right twice
- &45 Step left beside right, cross right over left
- 46&47 Step left back, step right beside left, step left forward
- 48 Pivot ½ turn right (weight remains on left)

BACK LOCK STEP MAKING ½ RIGHT TURN, FORWARD ROCK, RECOVER, FORWARD LOCK STEPS

- 49&50 Step right back, lock step left over right, execute ½ turn right and then step right forward
- 51-52 Rock left forward, recover weight onto left
- 53-54 Step left forward, lock step right behind left
- 55&56 Step left forward, lock step right behind left, step left forward

FORWARD ROCK, RECOVER, ¼ RIGHT, LEFT JAZZ BOX WITH SIDE SLIDE, ½ RIGHT SAILOR TURN

- 57-58& Rock right forward, recover weight onto left, execute ¼ turn right and then step right to right
- 59-62 Cross left over right, cross right over left, step left back, taking a long step - slide right to right
- 63&64 Cross left behind right, step right to right, execute ½ turn right and then step left to left

½ RIGHT MONTEREY TURN, SIDE TOUCH, TOGETHER, VAUDEVILLE, HEEL JACK, BALL CROSS

- 65-67& Touch right toes to right, execute ½ turn right and then step right beside left, touch left toes to left, step left beside right
- 68&69 Cross right over left, step left to left, touch right heel forward
- &70 Cross right over left, tap left toe behind right heel
- &71 Step left slightly back, touch right heel forward
- &72 Step right beside left, cross left over right

¾ LEFT TURN, PUMPS, FULL LEFT TURN ON THE SPOT

- 73-74 Step right to right, execute ¾ turn left and then step left forward
- 75-78 Step right forward and pump weight and body forward, pump weight and body back, pump weight and body forward, pump weight and body back
- 79&80 Make a triple full turn left on the spot by stepping right, left, right

Styling when you pump forward on counts 75 & 77, pull back with both arms by the sides and push forward when you pump back on counts 76 & 78. Bend your knees slightly when you pump forward and straightening when you pump back

WEAVE, KICK-BALL-CROSS, ¾ LEFT TURN

- 81-84 Cross left behind right, step right to right, cross left over right, step right to right
- 85&86 Kick left forward, step left beside right, cross right over left
- 87-88 Execute ¼ turn left and then step left forward, execute another ½ turn left and then step right back

FORWARD HIP BUMPS, SIDE HIP BUMPS

- 89-90 Bump hips forward twice
- 91-93 Step right to right and then bump hips to right twice, step right beside left
- 94-96 Step left to left and the bump hips to left twice, step left beside right

FORWARD, PIVOT ½ LEFT TURN, PIVOT ½ RIGHT TURN - WITH HOLDS AND "RAINING ARMS", BACK TOGETHER

- 97-98 Step right forward and in front wave both hands as you draw both arms down as if you trying to indicate to someone that it is "raining" (dip down gradually as you "rain" these arms. Straighten up quickly to prepare for the next move)
- 99-100 Pivot ½ turn left and then wave both hands as you draw both arms down as if you trying to indicate to someone that it is "raining" (dip down gradually as you "rain" these arms. Straighten up quickly to prepare for the next move)
- 101-102 Pivot ½ turn right and then wave both hands as you draw both arms down as if you trying to indicate to someone that it is "raining" (dip down gradually as you "rain" these arms. Straighten up quickly to prepare for the next move)
- &103-104 Quickly change weight to left, high hitch right knee and then taking a long step - slide right back, step left beside right

CROSS-BACK-BACK TWICE, PIVOT ½ LEFT TURN

- 105-108 Cross right over left, step left back, step right back
- 109-110 Cross left over right, step right back, step left back
- 111-112 Step right forward, pivot ½ turn left (weight ends on left)
- 113-128 Repeat counts 97-112

REPEAT

TAG

During the 3rd rotation, dance counts 1-64. You will be facing 12:00. Omit counts 65-96 and dance counts 97-128. Then dance 97-128 again before restarting the dance at the beginning

ENDING

During the 4th rotation, dance till count 32 and then point right arm up

