

El Paula

拍数: 64 墙数: 2 级数: Beginner
编舞者: Elaine McGurk (IRE)
音乐: Cry to Me - Solomon Burke



- 1-4 Step forward on toes right, left, right, left (with knees bent and swaying hips as you move forward)
5-6 Step right foot forward across left, rock back onto left foot
7-8 Making a ½ turn to the right (now facing the back wall), shuffle forward right, left, right

Optional hand movements:

- 1-4 Reach arms outstretched behind body
5-8 Tip brim of hat with right hand and left hand on hip

9-12 Step forward on toes left, right, left, right
13-14 Step left foot forward across right and rock back onto right foot
15-16 Making a ½ turn to the left, shuffle forward left, right, left

JAZZ BOX (HANDS ON HIPS)

- 17-20 Step right foot forward, left foot behind, step right making a ¼ turn right, and stomp left foot

HIPS

- 21-24 Rock hips left, right, left, right

JAZZ BOX (HANDS ON HIPS)

- 25-28 Step right foot forward, step left foot behind, step right making a ¼ turn right, and stomp left foot

HIPS

- 29-32 Rock hips left, right, left, right

STAR STEP

- 33-36 Touch right toe forward, right toe to right side, right toe behind, right toe to right side

KICKS, COASTER STEP

- 37-38 Kick right foot forward twice
39-40 Step right foot back, step left foot back, step right foot forward

STAR STEP

- 41-44 Touch left toe forward, left toe to left side, left toe behind, left toe to left side

KICKS, COASTER STEP

- 45-46 Kick left foot forward twice
47-48 Step left foot back, step right foot back, step left foot forward

HIPS

- 49-56 Two right hips, two left hips, two right hips, two left hips

HIP ROLLS

- 57-60 Two roll hips to the left
61-64 Two right hips, two left hips

REPEAT

