

Como Siento Yo

拍数: 32 墙数: 0 级数:
编舞者: Trinity Chan (MY)
音乐: Como Siento Yo - Gipsy Kings



STEP LEFT, PUSH HIP OUT, ROCK STEPS, STEP RIGHT, PUSH HIP OUT, ROCK STEPS

- 1-2 (S) step left to the left side, push left hip out on the 2nd count
- 3 (Q) rock back with the right foot (5th position)
- 4 (Q) rock slightly forward to the left
- 5-6 (S) step right to the right side, push right hip out on the 2nd count
- 7 (Q) rock back with the left foot (5th position)
- 8 (Q) rock slightly forward to the right

STEP FORWARD LEFT, PIVOT ¼ TURN RIGHT, SWAY LEFT, SWAY RIGHT, STEP BACK LEFT ¼ RIGHT TURN, WALK FORWARD AND PUSH HIP OUT, DIAGONAL STEPS

- 1-2 (S) step forward left, pivot ¼ turn right pushing right hip out
- 3 (Q) sway to the left
- 4 (Q) sway to the right
- 5-6 (S) step back left making ¼ right turn, walk forward slightly with right pushing hip out at the same time
- 7 (Q) step left diagonally over right
- 8 (Q) step right diagonally over left

HIP ROLL TO THE LEFT, HIP ROLL TO THE RIGHT

- 1-2 (S) step left toe diagonally left, start rolling hip out to the left
- 3 (Q) finish roll of hip
- 4 (Q) step down on left heel
- 5-6 (S) step right toe diagonally right, start rolling hip out to the right
- 7 (Q) finish roll of hip
- 8 (Q) step down on right heel

CROSS UNWIND ½ TURN RIGHT, STOMP, STOMP, STRUT FORWARD ¼ TURN RIGHT, STEP LEFT FORWARD, PIVOT ½ TURN RIGHT

- 1-2 (S) cross left foot over right and unwind ½ turn right on the 2nd count, weight ends on left
- 3 (Q) stomp right foot
- 4 (Q) stomp left foot
- 5-6 (S) step right toe ¼ turn right, as you step down push hip out
- 7 (Q) step left forward
- 8 (Q) pivot ½ turn right, weight ends on right

Hand movements when doing cross unwind - lift right hand up above head, left arm circled and bent at elbow in front of chest, snap fingers on stomp, stomp

REPEAT