

Cheater Seniorita

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann Napier (NZ)
音乐: Cheater Seniorita - Chris Raddings



RHUMBA ROCK STEPS WITH HOLDS & HIP MOVEMENTS

- 1-2 Step forward on left foot (at same time push left hip forward), hold
- 3 Change weight to right foot (at same time push right hip back)
- 4 Change weight to left foot (at same time push left hip forward)
- 5-6 Change weight to right foot (at same time push right hip back), hold
- 7 Step back on left foot (at same time push left hip back)
- 8 Change weight to right foot (at same time push right hip forward)

On these 8 counts the right foot will stay in place at all times. This section will give you a rumba feel.

STEP, HOLD, ½ PIVOT TURN, STEP, HOLD, 2 X ½ TURNS

- 1-2 Step forward on left foot, hold
- 3-4 Step forward on right foot, ½ pivot turn to left
- 5-6 Step forward on right foot, hold
- 7 Make a ½ turn over right shoulder stepping back on left foot
- 8 Make a ½ turn over right shoulder stepping forward on right foot

STEP, HOLD, ROCK BACK, ROCK FORWARD TWICE

- 1-2 Step left on left foot, hold
- 3-4 Cross right behind left & rock back onto it, rock forward onto left
- 5-8 Repeat last 4 counts to right side

LEFT SCISSOR STEP, HOLD, ¼ TURN, HOLD, ½ TURN, STEP

- 1-2 Step left on left foot, close right together
- 3-4 Cross left over right, hold
- 5-6 Step right foot out to right side turning ¼ turn left, hold
- 7-8 ½ turn over left shoulder to step forward on left foot, step right foot forward

At the end of the 2nd wall and the 7th wall there is a break for 4 counts, just slowly hitch up your left knee with attitude ready to start again. When doing the dance to another piece of music miss the breaks out.

REPEAT
