

Bossa Nova Nights

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: No Regrets - Girls Aloud



2 STEP VINE RIGHT, ¼ RIGHT RONDÉ, CROSS RIGHT OVER LEFT, STEP RIGHT FORWARD, ½ PIVOT RIGHT, STEP LEFT FORWARD

- 1-2 Step right to right, cross step left behind right
- 3-4 ¼ right rondé (bringing right foot from front to back), cross right in front of left (to finish in a figure of 4)
- 5-6 Step right forward, step left forward
- 7-8 ½ pivot turn right (weight on right foot), step left forward

ROCKING CHAIR (USE HIP MOTION), STEP RIGHT, TOUCH LEFT TO RIGHT, ¾ TURN LEFT

- 1-4 Rock right forward, recover weight on left, rock right back, recover weight on left (rocking chair)
- 5-6 Step right to right side (sway right to side), touch left toe to right instep
- 7-8 Turning ¼ left step left forward, turning ½ left step right back

Easier option: step left to left side, step right next to left

¾ TURN LEFT, STEP LEFT SIDE LEFT, CROSS RIGHT OVER LEFT, STEP LEFT SIDE LEFT, RIGHT BACK ROCK & RECOVER, RIGHT FORWARD

- 1-2 Turning ½ left step left forward, turning ¼ left step right to right side

Easier option: turning ¼ left step left forward, turn ¼ left step right to right side

- 3-4 Step left to left side, cross step right over left
- 5-6 Step left to side, rock back on right
- 7-8 Recover weight on left, step right forward

¼ RIGHT PIVOT, CROSS LEFT OVER RIGHT, ¼ LEFT RONDÉ, CROSS RIGHT OVER LEFT, STEP LEFT BACK, RIGHT TO RIGHT SIDE, CROSS LEFT, OVER RIGHT

- 1-2 Step left forward, ¼ right pivot
- 3-4 Cross step left over right, ¼ left turning rondé (bringing right foot from back to front)
- 5-6 Cross step right over left, step left back on left diagonal
- 7-8 Step right to side, cross step left over right

REPEAT
