

Baila

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Elaine White
音乐: Baila - Jennifer Lopez



SIDE ROCK STEPS, SAILOR STEPS

1-2 Rock right to right side, rock onto left in place
3&4 Cross right behind left, step left to left side, step right to place
5-6 Rock left to left side, rock onto right in place
7&8 Cross left behind right, step right to right side, step left to place

TOUCH RIGHT & LEFT HIP BUMPS, FULL TURN RIGHT, COASTER STEP

1&2 Touch right toe forward, bumping hips forward, back, forward (take weight)
3&4 Touch left toe forward, bumping hips forward, back, forward (take weight)
5 On ball of left pivot ½ turn right, stepping forward right
6 On ball of right pivot ½ turn right, stepping back left
7&8 Step back on right, step left beside right, step forward right

POINT & CROSS, POINT TOUCH BACK, FORWARD SHUFFLE STEP ½ PIVOT RIGHT

1-2 Touch & point left toe out to left side, cross left foot over right
3-4 Touch point right toe out to right side, touch point right toe back right
5&6 Step forward right, close left beside, step forward right
7-8 Step forward left, pivot ½ turn right

SHUFFLE FORWARD, STEP RIGHT SLIDE RIGHT SIDE SHUFFLE, ROCK STEP

1&2 Step forward left, close right beside, step forward left
3-4 Step right to right side, slide left beside right
5&6 Step right to right side, close right beside, step right to right side
7-8 Rock left forward, rock onto right in place

1 ¼ TURN LEFT INTO SHUFFLE, SIDE SLIDE, TRIPLE STEP

1-2 Step left ¼ left, on ball of left make ½ turn left stepping back right
3 On ball of right, make ½ turn left stepping forward left
&4 Step right beside left, step forward left
5-6 Step right to right side, slide left beside right
7&8 Triple step in place, right, left, right

FULL TURN LEFT, TRIPLE STEP, ROCK STEPS

1-2 Step left ½ left, on ball of left make ½ turn left stepping back right
3&4 Triple step in place left, right, left
5-6 Rock forward on right, rock onto left in place
7-8 Side rock right, rock onto left

REPEAT