

Baila Bonita

拍数: 0 墙数: 1 级数:
编舞者: Alvin Low (SG) & Robin Sin (SG)
音乐: Baila Morena - Julio Iglesias



Sequence: AB A(32) AB B all the way!

SECTION A

CROSS SIDE ROCK, FORWARD ROCK, ½ TURN RIGHT, PADDLE ¾ TURN

- 1&2 Cross left over right, step side right, recover on left
3&4 Rock forward on right, recover on left, ½ turn right step forward on right
5&6& Rock forward on left, tap right behind left, ¼ turn left, step on left, tap right behind left, ¼ turn left
7&8 ¼ turn left, step on left, tap right behind left, ¼ turn left, step on left

CROSS SIDE ROCK, CROSS SHUFFLE, RONDE, CROSS SIDE ROCK, CROSS SHUFFLE

- 9&10 Cross right over left, step side left, recover on right
11&12 Cross left shuffle on left-right-left
&13&14 Swing right in front left, cross right over left, step side left, recover on right
15&16 Cross left shuffle on left-right-left

CROSS SIDE ROCK, FORWARD ROCK, ½ TURN RIGHT, PADDLE ¾ TURN

- 17&18 Cross right over left, step side left, recover on right
19&20 Rock forward on left, recover on right, ½ turn left step forward on left
21&22& Rock forward on right, tap left behind right, ¼ turn right, step on right, tap left behind right, ¼ turn right
23&24 ¼ turn right, step on right, tap left behind right, ¼ turn right, step on right

CROSS SIDE ROCK, CROSS SHUFFLE, RONDE, CROSS SIDE ROCK, CROSS SHUFFLE

- 25&26 Cross left over right, step side right, recover on left
27&28 Cross right shuffle on right-left-right
&29&30 Swing left in front right, cross left over right, step side right, recover on left
31&32 Cross right shuffle on right-left-right

SIDE, BACK ROCK, SIDE, BACK ROCK, ¼ TURN, ½ TURN, FORWARD SHUFFLE

- 33&34 Step side left, rock back on right behind left, rock forward on left
35&36 Step side right, rock back on left behind right, rock forward on right
37&38 ¼ turn left, step forward on left, step forward on right, ½ turn left, step forward on left
39&40 Right shuffle forward on right-left-right

CROSS, ¼ TURN LEFT, SIDE ROCK, CROSS SIDE ROCK, MAMBO STEP, COASTER STEP

- 41&42 Cross left over right, rock back on right, ¼ turn left step side left
43&44 Cross right over left, step side left, recover on right
45&46 Step forward on left, recover on right, step left slightly back
47&48 Step back on right, step left beside right, step forward on right

SECTION B

FULL TURN BACK ROCK, ½ TURN BACK ROCK, CROSS SIDE ROCK, CROSS, UNWIND FULL TURN, RONDE

- 1&2 Cross left over right unwind full turn right (weight left), back rock on right, recover on left
3&4 Cross right over left unwind ½ turn left, back rock on left recover on right
5&6 Cross left over right, side rock on right, recover on left

7&8 Cross right over left, unwind full turn left (weight on right), ronde left to side behind right (weight on right)

SAILOR STEP LEFT, BEHIND SIDE CROSS, HITCH, BEHIND SIDE CROSS, HITCH, COASTER STEP

1&2 Sailor step left

3&4& Step right behind left, step side left, cross right in front of left, hitch left

5&6& Step left behind right, step side right, cross left over right, hitch right

7&8 Step back on right, step left beside right, step forward on right

17-32 Repeat 1-16

SYNCOPATED 'HEEL-TOE' ROCKING CHAIR

1&2&3&4 Touch left heel forward, recover on right, touch left toe back, recover on right, touch left heel forward, recover on right, step back on left

5&6&7&8 Touch right toe back, recover on left, touch right heel forward, recover on left, touch right toe back, recover on left, step forward on right
