

Explosiva

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rep Ghazali (SCO) - October 2007
音乐: Y Yo Sigo Aquí - Paulina Rubio : (Album: Border Girl)



Intro : 48 counts (126bpm)

- 1-8 RIGHT FORWARD MAMBO, LEFT SIDE MAMBO, STEP- $\frac{1}{2}$ PIVOT, TRIPLE FULL TURN
1&2 rock forward Right, recover on Left, step back Right (12)
3&4 rock Left to left side, recover on Right, step Left together
5-6 step forward Right, $\frac{1}{2}$ pivot turn Left (6)
7&8 triple full turn Left by stepping forward Right-Left-Right (6)
- 9-16 $\frac{1}{4}$ TURN SIDE MAMBO, RIGHT MAMBO BACK, $\frac{1}{2}$ TURN, CROSS SHUFFLE
1&2 $\frac{1}{4}$ turn Right rocking Left to Left side, recover on Right, step Left together (9)
3&4 rock back Right, recover on Left, step forward Right
5-6 $\frac{1}{4}$ turn Right stepping Left to Left side, $\frac{1}{4}$ turn Right stepping Right to Right side (3)
7&8 cross Left over Right, step Right to Right side, cross Left over Right (3)
- 17-24 TOUCH-KICK, LOCK-BACK-LOCK, TOUCH-KICK, LOCK-BACK-LOCK
1-2 bend knees and touch Right together (facing Left corner), kick Right diagonally forward Right (1.30)
3&4 lock Right over Left, step back Left, lock Right over Left (facing Left corner) (1.30)
5-6 bend knees and touch Left together (facing Right corner), kick Left diagonally forward Left (4.30)
7&8 lock Left over Right, step back Right, lock Left over Right (facing Right corner) (4.30)
- 25-32 BACK- $\frac{1}{4}$ TURN, CROSS SHUFFLE, CROSS- $\frac{1}{2}$ TURN CROSS, SHUFFLE FORWARD
1-2 step back Right (squaring to 3 o'clock wall), $\frac{1}{4}$ turn Left stepping Left to Left side (12)
3&4 cross Right over Left, step Left to Left side, cross Right over Left
5-6 cross Left over Right, $\frac{1}{2}$ turn Left crossing Right over Left
7&8 step forward Left, step Right together, step forward Left (6)
(restart here 3rd wall at 6 o'clock wall)
- 33-40 SHUFFLE FORWARD, ROCK BACK-RECOVER, SHUFFLE FORWARD, $\frac{1}{2}$ TURN-TOUCH
1&2 step forward Right, step Left together, step forward Right (6)
3-4 rock back Left, recover on Right
5&6 step forward Left, step Right together, step forward Left
7-8 $\frac{1}{2}$ turn Left stepping back Right, touch Left in front of Right (12)
- 41-48 STEP-LOCK, STEP-LOCK-STEP, ROCK FORWARD-RECOVER, FULL TURN
1-2 step forward Left, lock Right behind Left (12)
3&4 step forward Left, lock Right behind Left, step forward Left
5-6 rock forward Right, recover on Left
7-8 $\frac{1}{2}$ turn Right stepping back Right, $\frac{1}{2}$ turn Right stepping back Left and sweep Right from front to back (12)
(Travelling back. Easier option: walk back Right-Left and sweep Right)
- 49-56 BEHIND- $\frac{1}{4}$ TURN-CROSS, SIDE-CROSS, SIDE ROCK-RECOVER, SAILOR STEP
1&2 step Right behind Left, $\frac{1}{4}$ turn Left stepping Left to Left side, cross Right over Left (9)
3-4 step Left to Left side, cross Right over Left
5-6 rock Left to Left side, recover on Right

7&8 step Left behind Right, step Right to Right side, step Left to Left side (9)

57-64 STEP-KICK, CROSS-BACK, ¼ TURN-½ TURN, TRIPLE ½ TURN

1-2 step forward Right, kick Left across Right

3-4 cross Left over Right, step back Right

5-6 ¼ turn Left stepping forward Left, ½ turn Left stepping back Right (12)

7&8 ½ turn Left stepping forward Left, step Right together, step forward Left (6)

Restart 3rd wall:

Dance up to count 32 then start again at the back wall
