Bachata



编舞者: Maryloo (FR) - June 2008

音乐: Bachata (Radio Mix) - Lou Bega: (CD: Single)



SUGAR FOOT STEPS & LOCK STEPS

1	Swivel on the ball of right foot stepping toward the left corner with left
2	Swivel on the ball of left foot stepping toward the right corner with right
3&4	Lock step diagonally forward toward left corner stepping on left, right, left
5	Swivel on the ball of left foot stepping toward the right corner with right
6	Swivel on the ball of right foot stepping toward the left corner with left
7&8	Lock step diagonally forward toward right corner stepping on right, left, right

STEP PIVOT ¾ TURN, SIDE SHUFFLE, SAILOR STEPS

1-2 Step forward right, pivot ¾ turn left (3:00)

3&4 Shuffle to the right: right, left, right

5&6 Cross left behind right, step to the right with the right foot, step slightly forward on your left

foot

7&8 Cross right behind left, step to the left with the left foot, step slightly forward on your right foot

MAMBO FORWARD, MAMBO BACK, FULL PADDLE TURN

Rock left forward, recover to right, step left next to right Rock right back, recover to left, step right next to left

5&6&7&8 Paddle full turn right: ¼ each count & Replace the weight on the right foot

CROSS, SIDE, TOGETHER (TWICE), ROCK STEP, SAILOR ½ TURN LEFT

1&2 Cross left over right angling body 1/8 turn left, step right side, step left next to right 3&4 Cross right over left angling body 1/8 turn right, step left to side, step right next to left

5-6 Left rock step forward

7&8 Cross left behind right, ½ turn left, step right next to left, left forward. (9:00)

REPEAT