

Si O No

拍数: 64 墙数: 4 级数: Beginner
编舞者: Pim van Grootel (NL) - June 2008
音乐: Quizas Si Quizas No - Los Toros Band



SIDE TOGETHER SIDE HIPS 3X, SIDE TOGETHER SIDE HIPS 3X

- 1 Rf step to right
- 2 Lf step together Rf
- 3 Rf step to right, bump hips to right side
- & Bump hips to left side
- 4 Bump hips to right side
- 5 Lf step to left
- 6 Rf step together Lf
- 7 Lf step to left, bump hips to left side
- & Bump hips to right side
- 8 Bump hips to left side

CROSS, SWEEP, CROSS, TOUCH 3X, STEP, TOUCH

- 1 Rf cross behind Lf
- 2 Lf sweep behind Rf
- 3 Lf cross behind Rf
- 4 Rf touch to right side
- 5 Rf touch diagonally left forward
- 6 Rf touch to right side
- 7 Rf cross over Lf
- 8 Lf touch to left side

JAZZ BOX ¼ TURN L, SCUFF, ROCK STEP, ½ TURN R, SCUFF

- 1 Lf cross over Rf
- 2 Rf step ¼ turn left back
- 3 Lf step forward
- 4 Rf scuff
- 5 Rf rock forward
- 6 Weight onto Lf
- 7 Rf ½ turn right step forward
- 8 Lf scuff

STEP FWD ¼ TURN R, BUMP HIPS 3X (2X), STEP SIDE BUMP HIPS 3X, STEP FWD ¼ TURN R BUMP HIPS 3X

- 1 Lf step ¼ R forward, bump hips to left side
- & Bump hips to right side
- 2 Bump hips to left side
- 3 Rf step ¼ R forward, bump hips to right side
- & Bump hips to left side
- 4 Bump hips to right side
- 5 Lf step to left and bump hips to left side
- & Bump hips to right side
- 6 Bump hips to left side
- 7 Rf step ¼ turn R, bump hips to right side
- & Bump hips to left side
- 8 Bump hips to right side

SIDE TOGETHER SIDE HIPS 3X, SIDE TOGETHER SIDE HIPS 3X

- 1 Lf step to left
- 2 Rf step together Lf
- 3 Lf step to left and bump hips to left side
- & Bump hips to right side
- 4 Bump hips to left side
- 5 Rf step to right
- 6 Lf step together Rf
- 7 Rf step to right, bump hips to right side
- & Bump hips to left side
- 8 Bump hips to right side

CROSS, SWEEP, CROSS, TOUCH 3X, STEP, TOUCH

- 1 Lf cross behind Rf
- 2 Rf sweep behind Lf
- 3 Rf cross behind Lf
- 4 Lf touch to left side
- 5 Lf touch diagonally right forward
- 6 Lf touch to left side
- 7 Lf cross over Rf
- 8 Rf touch to right side

JAZZ BOX ¼ TURN R, SCUFF, ROCK STEP, ½ TURN L, SCUFF

- 1 Rf cross over Lf
- 2 Lf step ¼ turn right back
- 3 Rf step forward
- 4 Lf scuff
- 5 Lf rock forward
- 6 Weight onto Rf
- 7 Lf ½ turn left step forward
- 8 Rf scuff

STEP FWD ¼ L, BUMP HIPS 3X (You do this 4x)

- 1 Rf step ¼ turn L forward, bump hips to right side
 - & Bump hips to left side
 - 2 Bump hips to right side
 - 3 Lf step ¼ turn L forward, bump hips to left side
 - & Bump hips to right side
 - 4 Bump hips to left side
 - 5 Rf step ¼ turn L forward, bump hips right side
 - & Bump hips to left side
 - 6 Bump hips to right side
 - 7 Lf step ¼ turn L forward , bump hips left side
 - & Bump hips to right side
 - 8 Bump hips to left side
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