

Let's Bachata

拍数: 0 墙数: 0 级数: Phrased Easy Intermediate Bachata
编舞者: Amy Christian (USA) - December 2008
音乐: Our Song - Aventura : (Album: God's Project)



Intro: 56cts (7 eights). Right after the singer say's "Come on" 3 times.(Approx at 0.26secs into music).

Sequence: A-32cts, B, A, B, A,A,A,A-32cts, B, A,A,A-32cts.

This Latin dance, Bachata - originates from the Dominican Republic.

Bachata is a four-step beat, achieved with a walking Cuban hip motion & a unique hip "pop". (Option – You could choose not to do those "pop" Bumps & do Touches, instead).

Part A – 48 Counts

Side, Together, Side, Bump, X 2

- 1-4 Step R foot to right side, Step L foot next to R, Step R foot to right side, Touch L toe as you Bump L hip,
5-8 Step L foot to left side, Step R foot next to L, Step L foot to L side, Touch R toe, as you Bump R hip,

½ Turn Right Triple Step, Bump, ¾ Turn Left Triple Step, Bump,

- 1-4 ¼ Turn right stepping on R foot, Step L next to R, ¼ Turn right on R foot, Touch L foot, Bumping L hip, (6'oclock),
5-8 ¼ Turn left stepping on L foot, Step R next to L, ½ Turn left on R foot, Touch R foot, Bumping R hip, (9'oclock),

Back, Back, Back, Bump, Sway Fwd, Sway Back, Sway Fwd, Hitch,

- 1-4 Step back on R, Step back on L, Step back on R, Bump L hip,(diagonally fwd),
5-8 Rock fwd on L, Recover on R, Rock fwd on L, (Sway on those Rocks & make it look sexy) Hitch R foot,

Fwd Lock Step, Bump, Sway Back, Sway Fwd, Sway Back, Hitch,

- 1-4 Step diagonally fwd on R foot, Lock step L behind R, Step fwd on R, Bump L hip,(diagonally back),
5-8 Rock back on L, Recover on R, Rock back on L, (Sway on those Rocks & make it look sexy), Hitch R foot,

* (A Minus, or A- ends here. 32 counts of Part A . After A-, you go straight into Part B)

Walk, Walk, Step, Turn, Out, Out, In, Bump,

- 1-4 Walk fwd R, L, R, Pivot ½ turn left on L foot,
5-8 Step R foot to R side, Step L foot to L side, Step R foot next to L, Bump L hip,

¼ L Sailor, R Sailor, Step, Bump,

- 1-3 Sweep L foot behind R, making a ¼ turn right, Step R foot to R side, Step L foot to L side,
4-6 Sweep R foot behind L, Step L foot to L side, Step R foot to R side,
7-8 Step L foot to L side, Touch R on the spot and Bump R hip.

Part B – 32 Counts

Rocking Chair, Step, Pivot, Hold, Hold,

- 1-3. 1 Step fwd on R foot, Recover on L foot, Step back on R foot, Recover on L foot,
5-6 Step fwd on R foot, Pivot ½ turn left, keeping weight on R foot,
7-8 Hold for 2 counts, as you Turn your head sharply looking left, As R hand goes straight up & L hand goes across you waist to the right. Hands styl'g is optional.

L Coaster Step, Kick, ¼ Jazz Box,

1-4 Step back on L, Step R next to L, Step fwd on L, Kick R foot diagonally fwd,
5-6 ¼ Turn right stepping R foot across L, Step back on L,
7-8 Step R to R side, Step L next to R,

R Mambo, Step, Sweep ¾ Turn, Touch, Hold,

1-4 Rock R foot out to R side, Recover on L foot, Step R next to L, Step fwd on L,
5-8 Sweep R foot in front, making a ¾ turn left, (it helps if you are on the ball of your L foot, when you sweep your R foot(5-6), Touch R next to L, Hold (as you sharply look right and hold (7-8),

Rumba Box With Touches,

1-4 Step R foot to R side, Step L next to R, Step fwd on R, Touch L next to R(4),
5-8 Step L to L side, Step R next to L, Step back on L, Touch R next to L(8).

(Batchata style hip bumps, may be added to the Touches on counts 4 and 8).

A- or A Minus, is 32 counts of Part A (See *)

The Finish – After the last A- (32cts), finish with,

1-2 Walk fwd, R, L,
3-8 Touch R foot behind L foot, Unwind a ¾ turn right slowly, facing the front wall & look down & hold.
