

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Gordon Timms (UK) - September 2010
音乐: Insensatez - Mónica Naranjo : (CD: Va-Samba Pa Ti - Uno Tributo A Brasil)



32 Count Intro. Start on the vocals...

SECTION 1: STEP, SIDE TOGETHER FORWARD, SIDE TOGETHER BACK (BASIC RUMBA BOX) MODIFIED LEFT COASTER CROSS, RONDÉ, (SWEEP) CROSS SHUFFLE.

- 1 & 2 & Make a long step left to left side, close right next to left, (WOR) step forward on left. (hold)
3 & 4 & Normal step right to right side, close left next to right, (WOL) step back on right. (hold)
5 & 6 & Step left back at 45° pushing left hip out, straighten up and step right back, cross left over right...NO HOLD. On the & count... Rondé (sweep) right foot out from behind left ready to...
7 & 8 & Cross right over left, step left to left side, cross right over left. (hold)

Faces 12.00

SECTION 2: SIDE ROCK & RECOVER, STEP LEFT FORWARD IN FRONT OF RIGHT, STEP, TURN, STEP, HALF TURN RIGHT, HALF TURN RIGHT AND CLOSE, LOW KICK, RONDÉ (SWEEP) BEHIND, SIDE, & CROSS.

- 1 & 2 & Rock left to left side pushing left hip out, recover on to right, step left forward travelling forward. (hold)
3 & 4 & Step forward on right foot, pivot ½ turn left on ball of left foot, step forward on right. (hold)
5 & 6 & Step forward on left foot, pivot ½ turn right, turn ½ turn right on ball of right foot, step left next right. (WOL) NO HOLD...On the & count... Kick right foot out low at 45° ready to...
7 & 8 & Rondé (sweep) right foot out and behind left, step left to left side, cross right over left. (hold)

Faces 6.00

SECTION 3: SIDE ROCK & RECOVER STEP LEFT BEHIND RIGHT, RONDÉ (SWEEP), BEHIND, SIDE, & CROSS, SIDE STEP WITH LEFT, DRAG, AND CROSS, ¼ TURN LEFT, ½ TURN LEFT, STEP, QUICK TOUCH...

- 1 & 2 & Rock left to left side, pushing left hip out, recover on to right, step left directly BEHIND right travelling backwards. (hold)
3 & 4 & Rondé (sweep) right foot out and behind left, step left to left side, cross right over left. (hold)
5 & 6 & Long step left to left side, pushing left hip out, slide and step right next to left, cross left over right (hold)
7 & 8 & Turn ¼ turn left stepping back on RIGHT foot, turn ½ left stepping forward left, step right forward slightly...(hold)

Faces 9.00

SECTION 4: MODIFIED LEFT MAMBO, MODIFIED RIGHT COASTER CROSS, RONDÉ, (SWEEP) CROSS SHUFFLE, RIGHT SIDE MAMBO AND CLOSE.

- 1 & 2 & Rock forward at 45° on the Left, Recover on to the right, Step left next to right (hold)
3 & 4 & Step right back at 45° pushing right hip out, straighten up and step left back, cross right over left... NO HOLD. On the & count... Rondé (sweep) left foot out from behind right ... ready to...
5 & 6 & Cross left over right, step right to right side, cross left over right. (hold)
7 & 8 & Side rock right out to right side, recover onto left, step right next to left. (hold) (Weight on right)

Faces 9.00

END OF DANCE – start over!

No Tags – No Restarts- Just A Lovely Latin Rhythm. - Enjoy The Dance!

Line Dancing with Gordon & Glenys (UK)

Home: +44 1793 490697 Mobile: +44 7787 383059

Website: <http://website.lineone.net/~gordon.bds> - E-Mail: thelatindancer@tiscali.co.uk
