

Alejandro

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Alan Spence (UK) - October 2010
音乐: Alejandro - Lady Gaga : (CD:The Fame Monster - 4:34)



32 Count Intro, 43 Seconds

Initially This Looks Like 2 Wall Dance But The Restarts Take You To The Side Walls Making It 4 Walls

Kick Ball Cross, Kick & Point & Point, Hitch Cross, Twist x2, Hich Side

1 & 2 Kick Right Forward, Step Right in Place, Cross Left Over Right
3 & 4 Kick Right Forward, Step Right in Place, Point Left to Left Side
& 5 & Step Left in Place, Point Right to Right Side, Hitch Right
6 & 7 Cross Right Over Left, Raise onto Balls of Feet, Twist Both Heels Right and Back to Centre
& 8 Hitch Right, Step Right to Right Side

Back Rock 1/4 Turn, Touch 1/4 Turn Cross, Point Hitch Side, 1/4 Turn Sailor Step

1 & 2 Rock Left Behind Right, Recover onto Right, Make 1/4 Turn Right Stepping Back on Left
3 & 4 Touch Right Toe Back, Make 1/4 Turn Right Taking Weight on Right, Cross Left Over Right
5 & Point Right to Right Side, Hitch Right
6 & Take Long Step to Right, Start 1/4 Turn Left
7 & 8 Sweep Left Behind Right, Step Right to Right Side, Step Left Slightly Forward

All 3 Restarts are at This Point of The Dance on Walls 2, 5 & 7

Hip Bumps, Coaster Step, Flick & Heel & Step Lock Step

1 & 2 N B (Keeping Weight on the Left) Touch Right Toe to Right Diagonal as you Bumps Hips
 Right Left Right
& Slide Right Back Keeping Toe on The Floor
3 & 4 Step Back on Right, Step Left Beside Right, Step Right Forward
5 & Flick Left Foot Behind Right Leg, Step Back on Left
6 & Touch Right Heel Forward, Step Right beside Left
7 & 8 Step Left Forward, Lock Right Behind Left, Step Left Forward

Forward Rock Side rock Coaster Cross Hip Bumps Cross Bounce 1/4 Turn

1 & Rock Forward on Right , Recover on Left
2 & Rock Right to Right Side, Recover on Left
3 & 4 Step Back on Right, Step Left beside Right, Cross Right Over left
5&6 & Bump Hips, Left Right Left Right
7 & 8 Cross Left Over Right, Bounce Twice on Heels Making 1/4 Turn Right

Start Again