

Little Bailando Solo

拍数: 32 墙数: 4 级数: Beginner
编舞者: Anne Frydenlund (DK) - October 2010
音乐: Bailando Solo en el Salón - David Civera : (Album: Para Vivir Contigo)



The Dance starts after 16 counts.

S1. Toestrot R, Toe strut L, Shuffle R fwd, Rock L fwd, Recover R

1 – 2 Step right forward with weight on the front of the foot, Slap right heel down
3 – 4 Step left forward with weight on the front of the foot, Slap left heel down
5 & 6 Step right forward, Step left to right, Step right forward
7 - 8 Rock left forward, Recover on right

S2. Toestrot L back, Toe strut R back, Slow coaster step L, Hold

1 – 2 Step left back with the weight on the front of the foot, Slap left heel down
3 – 4 Step right back with the weight on the front of the foot, Slap right heel down
5 – 7 Step left back, Step right beside left, step left forward
8 Hold

S3. Step ¼ turn L, Cross R, Recover L, Chasse R, Cross L, Recover R

1 – 2 Step right forward, 1/4 turn to left side (weight on left) (09:00)
3 – 4 Cross right over left, Recover on left
5 & 6 Step right to right side, Step left beside right, Step right to right side
7 – 8 Cross left over right, Recover on right

S4. Side rock L, Recover R, Step pivot R, Step L fwd, Scuff R, Step R fwd, Step L fwd

1 – 2 Step left to left, Recover on right
3 – 4 Step left forward, turn ½ Right (weight to right foot)(03:00)
5 – 6 Step left forward, Scuff right forward
7 – 8 Step right forward and down, Step left forward

REPEAT and SMILE
