Mirame (Look at Me)



拍数: 64 墙数: 1 级数: Beginner

编舞者: Ira Weisburd (USA) - April 2011

音乐: Me Miras y Te Miro - Grupo Mania: (Album: Mis Favoritas 2010, Track #6)



Introduction: Start Dance with R foot (facing L Wall). 4 Measures of 8. Start after approximately 17 seconds. Start on the vocal on the word Miras.

FACE L WALL (9:00 Wall)

PART I. (STEP R FORWARD (make ¼ turn R), VINE 3 TO L, STEP R TO R (make ¼ turn R), STEP L TO L, STEP BACK ON R, RECOVER FORWARD ON L); REPEAT

1- 4	Step R forward (make ¼ turn R to face 12:00 wall), Step L to L, Step R behind L, Step L to L
5-8	Step R forward (make $\frac{1}{4}$ turn R to face 3:00 wall), Step L to L, Step back on R, Recover forward on L
9-12	Step R forward (make ¼ turn R to face 6:00 wall), Step L to L, Step R behind L, Step L to L
13-16	Step R forward (make $\frac{1}{4}$ turn R to face 9:00 wall), Step L to L, Step back on R, Recover forward on L.

PART II. WALK FORWARD 3 STEPS (R,L,R), KICK L FORWARD; WALK BACK 2 STEPS (L,R), COASTER STEP w/ I

STEP w/ L.		
1-4	Walk forward R,L,R, Kick L forward	
5-6	Walk back L,R	

7&8 Step back w/ L, Step - close R beside L, Step forward on L

9-16 REPEAT PART II. (1-8).

PART III. SAMBA R, SAMBA L, STEP R FORWARD (making ¼ turn R), STEP L TO L, ROCK BACK, RECOVER

1&2	Step R across L, Step w/ ball of L foot to L, Step w/ weight onto R
3&4	Step L across R, Step w/ball of R foot to R, Step w/ weight onto L
5-6	Step R forward (making ¼ turn R), Step L to L
7-8	Step back on R, Recover forward on L.
9&10	Step R across L, Step w/ball of L foot to L, Step w/weight onto R
11&12	Step L across R, Step w/ball of R foot to R, Step w/weight onto L
13-14	Step R forward (making ¼ turn R), Step L to L
15-16	Step back on R, Recover forward on L.

PART IV. SAMBA R, SAMBA L, STEP R FORWARD (making ¼ turn R), STEP L TO L, ROCK BACK, RECOVER

1&2	Step R across L, Step w/ ball of L foot to L, Step w/ weight onto R
3&4	Step L across R, Step w/ball of R foot to R, Step w/ weight onto L
5-7	Step R forward (making ¼ turn R), Step L to L
7-9	Step back on R, Recover forward on L.
9&10	Step R across L, Step w/ball of L foot to L, Step w/weight onto R
11&12	Step L across R, Step w/ball of R foot to R, Step w/weight onto L
13-14	Step R forward (making ¼ turn R), Step L to L
15-16	Step back on R, Recover forward on L.

BEGIN DANCE.