

Pa' Bailar

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Maryloo (FR) - May 2011
音乐: Pa' Bailar - Bajofondo : (Album: Mar Dulce)



Intro : 16 counts

SLOW STEP ½ PIVOT RIGHT, WALKS (X 3), HOLD

1-2 (S) Step left forward, hold
3-4 (S) ½ pivot turn right (weight on right) , hold
5-8 (QQS) Step left forward, step right forward, step left forward, hold

SLOW STEP ½ PIVOT LEFT, LARGE STEP TO RIGHT SIDE, TAP, HOLD

1-2 (S) Step right forward, hold
3-4 (S) ½ pivot turn left (weight on left), hold
5-8 (SS) Large step right to side and drag left next to right, tap left next to right ,hold

Option :

5-8 (SQQ) Large step right to side and drag left next to right, make a little circle around inside with left toe, touch left next to right

At the beginning of the 4th section, repeat the 16 first counts and continue the dance

SLOW TANGO WALKS (2X), STEP 1/2 PIVOT RIGHT, STEP, HOLD

1-2 (S) Step left forward, hold
3-4 (S) Step right forward, hold
5-8 (QQS) Step left forward , ½ pivot turn right (weight on right), step left forward , hold

PIVOTS & HITCH, SWAYS TO SIDE (R.L.) STEP TO SIDE,HOLD

1-2 (S) Pivot 1/2 turn left and Hitch right knee, step right forward
3-4 (S) Pivot 1/2 turn right and Hitch left knee, step left forward
5-8 (QQS) Sway to right side, sway to left side, step right to side and drag left next to right, hold

SLOW TANGO WALKS (3X), ¼ TURN LEFT & TAP, HOLD

1-2 (S) Step left forward, hold
3-4 (S) Step right forward, hold
5-6 (S) Step left forward, hold
7-8 (S) Make a ¼ turn quickly to left and tap right to left, hold

BOOGIE SWIVELS TO RIGHT, TOUCH, SIDE, SWEEP 1/2 TURN LEFT, TOUCH, HOLD

1-4 (QQQQ) Step right to side, step left together , step right to side (with boogie style !), touch left next to right
5-8 (QQS) Step left to side, sweep right toe back to front macking a ½ turn left, touch right next to left, hold

RUMBA BOX

1-4 (QQS) Step right to side, step left together, step right forward, hold
5-8 (QQS) Step left to side, step right together, step left back, hold

ROCK, ROCK, STEP, HOLD, STEP ¼ TURN RIGHT, TOGETHER, TOUCH, HOLD

1-4 (QQS) Rock right forward, left rock back, rock right forward, hold
5-8 (QQS) Step left forward turning ¼ right ,drag right together, touch left next to right, hold

MODIFIED DEVELOPPE : KNEE SWAYING (IN-OUT-IN) & KICK, BEHIND, SIDE, CROSS, SWEEP BACK

TO FRONT

- 1-4 (QQQQ) Hitch left knee swaying (in,out,in), kick left on left diagonal forward
5-8 (QQQQ) Step left behind right, step right to side, cross left over right , right sweep back to front

CROSS, ¼ TURN RIGHT STEPPING BACK , SIDE, HITCH, BEHIND, SIDE CROSS, HOLD

- 1-4 (QQQQ) Cross right over left, make a ¼ turn to right stepping left back, step right to side, hitch left knee
5-8 (QQS) Step left behind right, step right to side, cross left over right , hold

MODIFIED DEVELOPPE : KNEE SWAYING (IN-OUT-IN) & KICK, BEHIND, SIDE, CROSS, SWEEP BACK TO FRONT

- 1-4 (QQQQ) Hitch right knee swaying (in, out, in), kick right on right diagonal forward
5-8 (QQQQ) Step right behind left, step left to side, cross right over left, left sweep back to front

CROSS, SIDE, BEHIND, HITCH, BEHIND, SIDE , STOMP FORWARD, HOLD

- 1-4 (QQQQ) Cross left over right, step right to side, step left behind right , hitch right knee
5-8 (QQS) Step right behind left, step left to side, stomp right forward , hold

At the end of the 4th section, repeat the 32 last counts and take back the dance at the beginning

Contact Choreograph : Marie Louise Winninger : malouwin@hotmail.fr

Revised on site - 20th June 2011

Last Update: 30 Oct 2023
