

Baila, Baila, Conmigo

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate (Samba)
编舞者: Maryloo (FR) - June 2009
音乐: Baila, Baila Conmigo - Missiego : (CD: BaiLa Habibi Vol. 3)



MODIFIED SYNCOPATED ROCKING CHAIR (TWICE) ,FORWARD LOCK STEPS (R.L.)

1&2&3&4& Two small syncopated « cross rocking chairs » with swivels on the left ball: cross right over left, recover on left, cross right behind left, recover on left (twice)
5&6 Step right forward, lock left behind right, step right forward
7&8 Step left forward, lock right behind left, step left forward

MODIFIED SYNCOPATED ROCKING CHAIR (TWICE) ,SYNCOPATED JAZZ BOX ¼ TURN , CROSS & SIDE ROCK

1&2&3&4& Two small syncopated « cross rocking chairs » with swivels on the left ball: cross right over left, recover on left, cross right behind left, recover on left (twice)
5&6 Cross right over left, ¼ turn right and step left behind, step right to right
7&8 Cross left over right, rock right to side, recover on left

CROSS SHUFFLE TO LEFT, ROCKING CHAIR, SAMBA STEPS (L.R)

1&2 Cross right over left, step left to side, cross right over left
3& Rock left to left , recover on right
4& Cross rock left behind right, recover on right
5 -6& Big step left to side, cross rock right behind left , recover on left
7 -8& Big step right to side, cross rock left behind right, recover on right

CROSS SHUFFLE TO RIGHT, ROCKING CHAIR, SAMBA STEPS (R.L.)

1&2 Cross left over right, step right to side, cross left over right
3& Rock right to right , recover on left
4& Cross rock right behind left, recover on left
5 -6& Big step right to side, cross rock left behind right , recover on right
7 -8& Big step left to side, cross rock right behind left, recover on left.

UNWIND ¾ LEFT, LEFT COASTER, LOCK STEP, TRIPLE FULL TURN FORWARD

1-2 Cross right over left, pivot ¾ turn left (weight on right)
3&4 Step left back, step right back next to left, step left forward
5&6 Step right forward, lock left behind right, step right forward
7&8 Triple Full turn forward (left, right, left)

SIDE ROCK & CROSS (R.L.), PADDLE FULL TURN TO LEFT

1&2 Rock right to side , recover on left, cross right over left
3&4 Rock left to side, recover on right, cross left over right
5&6&7&8& Full paddle turn to left , ¼ each count (weight on left)

RESTART Here ,after the "paddle turn", on the wall 2 and 4 : dance from the beginning

VAUDEVILLES (R.L.), UNWIND 1/2 LEFT , SAILOR ¼ LEFT

1&2 Cross right over left, step left to side, touch right heel diagonally forward
&3 Step right together, cross left over right,
&4 Step right to side, touch left heel diagonally forward
&5 Step left next to right , cross right over left
6 Unwind 1/2 to left
7&8 Cross left behind right, ¼ turn left and step right to side, step left slightly forward

FORWARD LOCK STEP , TRIPLE FULL TURN TRAVELLING FORWARD, KNEE POPS

1&2 Step right forward, lock left behind right, step right forward
3&4 Triple full turn forward (left, right, left)
5-8 Knee pops (right, left, right, left)

Have Fun !

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