

Formentera

拍数: 64 墙数: 1 级数: Beginner
编舞者: Patrizia Porcu (IT) - September 2012
音乐: Formentera - Giò Valeriani : (Album: Formentera - 3:46)



Start: after 16 counts on the word "son" - NO TAG - NO RESTART

SECTION 1: (1-8): BASIC SIDE MERENGUE R AND L

1-2-3-4 Step R side, step L beside R, step R side, point L beside R
5-6-7-8 Step L side, step R beside L, step L side, point R beside L

SECTION 2: (9-16): BASIC MERENGUE FW AND BACK WITH R FOOT (WOL in place) x 2

1 - 2 Step R forward and clap hands, recover L and clap hands
3 - 4 Step R back, recover L shaking shoulders
5 - 8 REPEAT 1-4

SECTION 3: (17-24): BASIC MERENGUE R AND L MAKING A FULL TURN IN PLACE

1 - 2 Step R side, step L side, turn ¼ L (9:00)
3 - 8 Make the same steps turning ¼ L on the others 3 walls

SECTION 4: (25-32): REPEAT (1-8) SECTION 1

SECTION 5: (33-40): PONY STEP R AND L X 2

1 & 2 Rock R on diagonal R, step ball L toe in place on same direction, recover R in place
3 & 4 Rock L on diagonal L, step ball R toe in place on same direction, recover L in place
5 & 6 REPEAT 1&2
7 & 8 REPEAT 3&4

SECTION 6: (41-48): "OUT" FORWARD R AND L (SIDE BY SIDE), "IN" BACK R AND L, R SIDE, POINT, L SIDE, POINT

1 - 2 Step out forward R, step out forward L (side by side) Stand up R and L arm in accord with foot
3 - 4 Step in back R, step in back L (beside) Put down R and L arm in accord with foot
5 - 6 Step R side, point L (Shake shoulders)
7 - 8 Step L side, point R (Shake shoulders)

SECTION 7: (49-56): BASIC R SIDE MERENGUE, TRIPLE STEP L FULL TURN

1-2-3-4 Step R side, step L beside R, step R side, point L beside R
5-6-7-8 Step L side, turn ½ L, step R side, turn ½ L, step L side, point R beside L

SECTION 8: (57-64): REPEAT SECTION 6

NOTE: These steps are in Merengue style, so transfer completely weight on each foot with hips movements and

HAVE FUN AND SMILE !!!!!!!!!!!

For any ask contact me at: -
patnurse2@yahoo.it - <http://www.youtube.com/user/patnurse2?feature=mhee>

GOOD DANCING.....KISSES FROM ROME.....