

Poco Poco

拍数: 160 墙数: 0 级数: Phrased Beginner
编舞者: Wendy Loh (MY) - November 2012
音乐: Poco Poco



Intro : 12 x 8 counts

A Bounce 4x, Claps

1-4 Bounce 4 times, both hands rest on R hip
5-6 Arms straighten out, clap hands to R at 4.30
7-8 Arms straighten out, Clap hands to R at 1.30

B Claps

1-2 Arms straighten out, Clap hands to L 10.30
3-4 Arms straighten out, Clap hands to L 7.30
5-6 Arms straighten out, Clap hands to R at 1.30
7-8 Arms straighten out, Clap hands to L 10.30

C Rocking Chair 2x

1-2 Rock R forward, Recover L,
3-4 Rock R back, Recover L
5-6 Rock R forward, Recover L,
7-8 Rock R back, Recover L.

D ½ Pivot, Rocking Chair, ½ Pivot

1-2 Step R forward, Turn ½ L
3-4 Rock R forward, Recover L
5-6 Rock R back, Recover L
7-8 Step R forward, Turn ½ L

E Step Together Step Touch 2x

1-4 Step R to R, Step L next to R, Step R to R, Touch L beside R
5-6 Step L to L, Step R next to R, Step L to L, Touch R beside L

F Rolling Vines 2x

1-3 Step R forward ¼ R, Step back L turning ½ R, Step R turning ¼ R
4 Touch L beside R
5-7 Step L forward ¼ L, step back R turning ½ L, Step L turning ¼ L
8 Touch R beside L

Repeat C-F

G Diagonal Step Touches

1-2 Step R diagonal forward to R, Touch L beside R
3-4 Step L diagonal forward to L, Touch R beside L
1-2 Step R diagonal back to R, Touch L beside R
3-4 Step L diagonal back to L, Touch R beside L

H Rocking chair, Cross, Full Turn Unwind

1-2 Rock R forward, Recover L,
3-4 Rock R back, Recover L
5 Cross R over L
6-7-8 Unwind full turn

Dance : 8 x 8 counts

Step Together Step Touch, Roling Vine, Touch

- 1-4 Step R to R, Step L next to R, Step R to R, Touch L beside R
- 5-7 Step L forward $\frac{1}{4}$ L, step back R turning $\frac{1}{2}$ L, Step L turning $\frac{1}{4}$ L
- 8 Touch R beside L

Walk back 3x, Hitch L, R, L with claps

- 1-2 Step R back, Step L back
- 3-4 Step R back, Hitch L across R with claps in front of body
- 5-6 Step down on L, Hitch R with claps behind body
- 7-8 Step down on R, Hitch L across R with claps in front of body

Shuffle forward 2x, Shuffle backward 2x

- 1&2 Shuffle forward LRL
- 3&4 Shuffle forward RLR
- 5&6 Shuffle back LRL
- 7&8 Shuffle back RLR

Cross, Point 2x, Jazz box

- 1-2 Cross L over R, Point R to R
- 3-4 Cross R over L, Point L to L
- 5-6 Cross L over R, Step back on R
- 7-8 Step L to L, Touch R beside L

Forward Rock, Triple Steps 2x

- 1-2 Rock R forward, Recover L
- 3&4 Step RLR on the spot
- 5-6 Rock L forward, Recover R
- 7&8 Step LRL on the spot

$\frac{1}{2}$ Pivot, Shuffle forward, $\frac{1}{2}$ Pivot, Full Turn

- 1-2 Step R forward, Turn $\frac{1}{2}$ L
- 3&4 Shuffle forward RLR
- 5-6 Step L forward, Turn $\frac{1}{2}$ R
- 7-8 Step L back turning $\frac{1}{2}$ R, Step R forward turning $\frac{1}{2}$ R

Sways & Hip Bumps

- 1-2 Sway hip to L, Sway hip to R
- 3-4 Hip Bump L, twice
- 5-6 Hip Bump R, twice
- 7-8 Hip Bump L, twice

Rocking chair, Cross, Full Turn Unwind

- 1-2 Rock R forward, Recover L,
- 3-4 Rock R back, Recover L
- 5 Cross R over L
- 6-7-8 Unwind full turn

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