

Mi Chica

拍数: 40 墙数: 4 级数: Easy Intermediate
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音乐: Mi Chica - Sarbel



Start Dancing on Vocal

I. Cross Rock, Chasse, Cross Rock, Sailor Coaster Step ¼ Turn Left

1-2 Cross R over L – Recover on L
3&4 Step R to side – Step L next to R – Step R to side
5-6 Cross L over R – Recover on R
7&8 ¼ turn L step L back – Step R beside L – Step L forward

II. Step Forward, Hip Bumps, Sailor Coaster Turn ¼ Right, Cross Over

1a2 Step forward bump hips diagonal on R – Bump hips back – Bump hips diagonal on R
3a4 Step forward bump hips diagonal on L – Bump hips back – Bump hips diagonal on L
5&6 ¼ turn right stepping R back – Step L beside R – Step R fwd (12:00)
7a8 Step L forward - ¼ turn R to side – Cross L over R

III. Rolling Vine Right, Touch, ½ Turn Left, Bumps

1-2 Turn ¼ left stepping R back – Turn ½ left stepping L forward
3-4 Turn ¼ left stepping R to side – Touch L to side
5- 6 ¼ turn L stepping L forward - ½ turn L stepping R back
7a8 ¼ turn L stepping L to side with bump L – R – L

IV. Samba Whisks, ¾ Spot Turn Right, Step Forward

1a2 Step R to side – Cross L behind R move weight on ball of L – Replace weight back onto R
3a4 Step L to side – Cross R behind L move weight on ball of R – Replace weight back onto L
5a6 Make ¼ turn right stepping forward on R – Step forward on L make ½ turn right – Step forward on R
7-8 Step forward on L – Step forward on R

V. ¼ Turb Left, Cross Shuffle, ½ Turn Right, Cross Shuffle, Triple Step Forward – Backstep

1a2 ¼ turn L cross L over R – Step R to side – Cross L over R
3a4 ½ turn R cross R over L – Step L to side – Cross R over L
5a6 Step L forward – Ball on R beside L – Step L in place
7-8 Step R back – Step L beside R

(Optional 1 – 6 counts shimmy shoulders)

No Tag!

Restart: On 3rd wall after 8 counts

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