

Dona Carmela

拍数: 64 墙数: 2
编舞者: Mal Jones (UK) - December 2012
音乐: Dona Carmela - Cerrito



Alternative tracks with NO tags: -

It's Now or Never by Elvis Presley 124 b.p.m.

Country Heroes by Hank Williams III 126 b.p.m.

20 count Intro, Start on vocals - for Ilse

CROSS, SIDE, BEHIND, TOUCH, SIDE, CROSS, SIDE, TOUCH.

1 2 3 4 Cross right over left, left to left side, cross right behind left, touch left to right instep.

5 6 7 8 Left to left side, cross right over left, left to left, touch right to left instep.

TAG (On wall 3 facing 12 o'clock, Sway hips, right, left, right, left and restart from beginning.

SIDE, BEHIND, SIDE, TOUCH, FORWARD STEP, LOCK, STEP, BRUSH.

1 2 3 4 Right to right side, cross left behind right, right to right, touch left to right instep. (no weight).

5 6 7 8 Step forward on left, cross right behind left, step forward on left, brush right ball of foot forward, (no weight).

CROSS, TOUCH, CROSS, KICK, WALK BACK RIGHT, LEFT, RIGHT, TOUCH.

1 2 3 4 Cross right over left, touch left toe to left side, cross left over right, low kick right forward (no weight).

5 6 7 8 Walk back right, left, right, touch left toe in front of right foot (no weight).

CROSS, SIDE, CROSS HOLD, SIDE, BEHIND, SIDE, TOUCH.

1 2 3 4 Cross left over right, right to right, cross left over right, hold for 1 count.

5 6 7 8 Right to right side, cross left behind right, right to right, touch left toe to right instep.

TAG (4 count Easy tag end of this section on wall 2 and 4 on 6 o'clock wall, Hip sways, Left, right, left, right).

TURN ¼, ½, ¼, TOUCH, CROSS, SIDE, CROSS, HOLD.

1 2 3 4 Making full turn left, step ¼ left, ½ back on right, ¼ side left, touch right to left instep (no weight).

(Easier option, Left to left side, right to left, left to left side, touch right to left instep, no weight).

5 6 7 8 Cross right over left, left to left, cross right over left, hold for 1 count.

LEFT SCISSOR CROSS, HOLD, RIGHT SCISSOR CROSS, HOLD.

1 2 3 4 Step left to left side, slide right to left, cross left over right, hold for 1 count.

5 6 7 8 Step right to right side, slide left to right, cross right over left, hold for 1 count.

SIDE, TOGETHER, FORWARD, HOLD. ROCK STEP ½ TURN RIGHT, STEP.

1 2 3 4 Step left to left side, slide right to left, step forward on left, hold for 1 count.

5 6 7 8 Rock forward on right, recover on left, pivot ½ turn right on ball of left foot, step forward on right, forward on left.

BACK COASTER STEP HOLD. FORWARD STEP, LOCK, STEP, HOLD.

1 2 3 4 Step back on right, back on left, forward on right, hold for 1 count.

5 6 7 8 Step forward on left, cross right behind left, forward on left, hold for 1 count.

Optional ending - Dance to end Section 5 and add Left side rock cross hold, cross right over left making a full turn left slowly unwind to front wall 12 O'clock.

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