

La Bilirrubina

拍数: 64 墙数: 4 级数: Improver - salsa
编舞者: Roosamekto Mamek (INA) - December 2012
音乐: La Bilirrubina - Juan Luis Guerra



Intro: 16 count

ROCKING CHAIR, BACK LOCK SHUFFLE

1-2 Step R forward – Recover to L
3-4 Step R back – Recover to L
5-6 Step R forward – Recover to L
7&8 Step R back – Lock L over R – Step R back

ROCKING CHAIR, FORWARD LOCK SHUFFLE

1-2 Step L back – Recover to R
3-4 Step L forward – Recover to R
5-6 Step L back – Recover to R
7&8 Step L forward – Lock R behind L – Step L forward

WALK FORWARD, FORWARD MAMBO

1-2 Step R forward – Step L forward
3-4 Step R forward – Step L forward
5-6 Step R forward – Step L forward
7&8 Rock R forward – Recover to L – Step R together

WALK BACK, BACK MAMBO

1-2 Step L back – Step R back
3-4 Step L back – Step R back
5-6 Step L back – Step R back
7&8 Rock L back – Recover to R – Step L together

SIDE, RECOVER, CHA CHA ON THE SPOT

1-2 Step R to side – Recover to L
3&4 Step R together – Step L in place – Step R in place
5-6 Step L to side – Recover to R
7&8 Step L together – Step R in place – Step L in place

V STEP, JAZZ BOX ¼ TURN RIGHT

1-2 Step R diagonally forward – Step L diagonally forward
3-4 Step R back to centre – Step L together
5-6 Cross R over L – Turn ¼ right step L back
7-8 Step R to side – Step L together

HOOK

1-2 Cross R over L – Step L back and slide R forward
3-4 Step R in place – Sweep L from back to front
5-6 Cross L over R – Step R back and slide L forward
7-8 Step L in place – Sweep R from back to front

HEEL FORWARD, ¼ TURN LEFT, COASTER STEP

1-2 Step R heel forward – Turn ¼ left step R back
3&4 Step L back – Step R together – Step L forward

5-6 Step R heel forward – Turn $\frac{1}{4}$ left step R back
7&8 Step L back – Step R together – Step L forward

REPEAT

TAG: End of wall 2 (facing 6:00)

1-2 Step R to side bump hips to right – Bump hips to left
3-4 Bump hips to right – Bump hips to left

TAG: On wall 7 (facing 6:00) dance until 32 counts then do this 4 count Tag.

1-2 Step R heel forward – Turn $\frac{1}{4}$ left step R back
3&4 Step L back – Step R together – Step L forward

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