

Tricche Ballacche

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Roosamekto Mamek (INA) - July 2013
音乐: Tricche Ballacche by Corrado Castellari



Note: Use always your ball of feet to dance this dance, and make yourself "light"
Intro: 22 count

TOUCH FORWARD, HITCH, TOUCH BACK, HITCH, ROCK, RECOVER, ROCK

1&2& Touch R forward – Hitch R knee up – Touch R back – Hitch R knee up
3&4 Rock R forward – Recover on L – Rock R in place
5&6& Touch L forward – Hitch L knee up – Touch L back – Hitch L knee up
7&8 Rock L forward – Recover on R – Rock L in place

ROCK FORWARD, ROCK BEHIND, CROSS SHUFFLE L - R

1&2 Rock R forward – Rock L behind R – Rock R forward
3&4 Rock L forward – Rock R behind L – Rock L forward
5&6 Cross R over L – Step L to side – Cross R over L
7&8 Cross L over R – Step R to side – Cross L over R

RIGHT CHASSE, CHASSE TURN ¼ LEFT 3X

1&2 Rock R to side – Step L beside R – Rock R to side
3&4 Turn ¼ left rock L to side – Step R together – Rock L to side
5&6 Turn ¼ left rock R to side – Step L together – Rock R to side
7&8 Turn ¼ left rock L to side – Step R together – Rock L to side

ROCK BEHIND, RECOVER, ROCK TO SIDE, SYNCOPATED CROSS SHUFFLE, TURN ½ LEFT

1&2 Rock R behind L – Rock L in place – Rock R to side
3&4 Rock L behind R – Rock R in place – Rock L to side
5&6& Cross R over L – Step L to side – Cross R over L – Step L to side
7-8 Cross R over L – Turn ½ left rock L forward

REPEAT

RESTART: Wall 2 & 6 after 20 counts

TAG & RESTART On wall 4 after 20 counts

STOMP R - L

1-2 Stomp R in place – Stomp L in place

Contact: Roosamekto.Nugroho@gmail.com