

Paso Doble Pulse

拍數: 80 牆數: 1 級數: Intermediate
編舞者: Lynda Summers (CAN) - December 2014
音樂: Espana Cani by Manequina



Sec 1. [1-8] SMALL STEPS (right side), MAMBO (fwd)

1,2 Small step R to right side, step L beside R.
3-6 Repeat counts 1,2 two more times.
7&8 Rock step R forward, recover back onto L, step R beside L.

Sec 2. [9-16] SMALL STEPS (left side), MAMBO (fwd)

1,2 Small step L to left side, step R beside L.
3-6 Repeat counts 1,2 two more times.
7&8 Rock step L forward, recover back onto R, step L beside R.

* wall 2: add 2 steps here

Sec 3. [17-24] LUNGE, HOLD, DRAG (2 counts)

1,2 Lunge R diagonally right forward, hold.
3,4 Drag R to L, step R beside L.
BACK, LOCK, BACK, LOCK (touch) (all on back left diagonal)
5,6 Step L back, lock R across L
7,8 Step L back, lock touch R in front of L.

Sec 4. [25-32] STOMP, HOLD, STOMP, HOLD

1,2 Stomp R big step out to right side, hold.
3,4 Stomp L beside R (weight on R), hold.
FWD, LOCK, FWD, LOCK (touch) (all on fwd left diagonal)
5,6 Step L forward, lock R behind L.
7,8 Step L forward, lock tap R behind L.

* wall 1: add rocking chair here

* wall 2: add 8 count tag here

Sec 5. [33-40] FWD, TAP (behind twice), BACK, TAP (fwd)

1,2& Step R forward, tap L toe twice behind R heel.
3,4 Step L back, tap R toe in front of L.
FWD (1/4 right), SIDE(left), BACK(1/4 right), TOUCH
5,6 Step R forward turning 1/4 right, step L beside R. (3:00)
7,8 Step R back turning 1/4 right), touch L beside R. (6:00)

Sec 6. [41-48] FWD, TAP (behind twice), BACK, TAP (fwd)

1,2& Step L forward, tap R toe twice behind L heel.
3,4 Step R back, tap L toe in front of R.
FWD (1/4 left), SIDE (right), BACK (1/4 left), TOUCH
5,6 Step L forward turning 1/4 left, step R beside L. (6:00)
7,8 Step L back turning 1/4 left, Touch R beside L. (12:00)

Sec 7. [49-56] FWD, SWEEP (fwd), FWD, SWEEP (fwd)

1,2 Step R forward, sweep L forward.
3,4 Step L forward, sweep R forward.
LOCK, BACK, LOCK, BACK
5,6 Cross step R over L, step L back.
7,8 Cross step R over L, step L back.

* wall 2 ends here

Sec 8. [57-64]

FWD, SWEEP (FWD), FWD, SWEEP (fwd)

LOCK, BACK, LOCK, BACK

1-8 Repeat Sec 7 (49-56).

Sec 9. [64-72] FWD, PIVOT (1/2 right)(with 3 toe touches)

1 Step R forward turning 1/4 right (3:00)

2-4 Complete 1/2 right turn pivoting on R and touching L toe out to side 3 times (6:00)

FWD, POINT (right), BACK, POINT(left)

5,6 Step L forward, touch R toe to fwd right diagonal.

7,8 Step R back, touch L toe to back left diagonal.

Sec 10. [73-80] FWD, PIVOT 1/2 left)(with 3 toe touches)

1 Step L forward turning 1/4 left (3:00)

2-4 Complete 1/2 left turn pivoting on L and touching R toe out to side 3 times (12:00)

FWD, POINT (left), BACK, POINT (right)

5,6 Step R forward, touch L toe to left diagonal.

7,8 Step L back, touch R toe to back right diagonal.

(Two stomps, raise right arm)(walls 1&2) & START DANCE AGAIN

TAGS, RESTARTS

WALL 1

(a)At end of Sec 4, insert a forward rocking chair.

(b)End of wall 1, add 2 stomps(R,L), right arm up with a twist.

WALL 2

(a) Do Sec1 and Sec2 ; then, insert 2 steps(L,R) side by side.

(b) Do Sec3 and Sec4:then insert the tag::

1,2 Step R forward, step L beside R

3,4 Step R back, touch L toe to back left diagonal.

5,6 Step L forward, step R beside L.

7,8 Step L back, touch R toe to back right diagonal..

(c) Do Sec5 , Sec6 , Sec7, only ;then add 2 stomps(R,L) with right hand up.

WALL 3

Do wall 3, complete from Sec 1 to Sec 10.

ENDING: Take 4 steps(R,L,R,L) in a tight complete circle to the right.

Then stomp R beside L, raising right arm up with a twist.

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