

# Pomodoro

拍數: 72      牆數: 3      級數: Intermediate  
編舞者: Saskia Janson (NL) - March 2015  
音樂: Viva la pappa col pomodoro - Rita Pavone



Dance starts on vocals

## S1: STEP FWD, TOUCH, KICK, COASTER STEP, WEAVE L, POINT, TOUCH, POINT

1&2      Step RF fwd, Touch LF behind RF, Step LF back  
&3&4      Kick RF fwd, Step RF back, Step LF next to RF, Step RF fwd  
5&6      Step LF to L side, Step RF behind LF, Step LF to L side  
&7&8      Cross RF over LF, Point LF to L side, Touch LF next to RF, Point LF to L side  
(Optional arm movements with the weave L: Arms start at 6 o'clock and make a full circle counterclockwise)

## S2: STEP FWD, TOUCH, KICK, COASTER STEP, WEAVE R, POINT, TOUCH, POINT

1&2      Step LF fwd, Touch RF behind LF, Step RF back  
&3&4      Kick LF fwd, Step LF back, Step RF next to LF, Step LF fwd  
5&6      Step RF to R side, Step LF behind RF, Step RF to R side  
&7&8      Cross LF over RF, Point RF to R side, Touch RF next to LF, Point RF to R side  
(Optional arm movements with the weave R: Arms start at 6 o'clock and make a full circle counterclockwise)

## S3: CROSS AND HEEL, CROSS AND HEEL, CROSS SHUFFLE ½ TURN, STEP

1&2      Cross RF over LF, Step LF to L side, Dig RF heel fwd to R diagonal  
&3&4      Step RF next to LF, Cross LF over RF, Step RF to L side, Dig LF heel fwd to L diagonal  
&5&6      Step LF next to RF, Cross RF over LF, Step LF next to RF, Cross RF over LF ¼ turn L  
&7-8      Step LF next to RF, Cross RF over LF ¼ turn L, Step LF next to RF

**TAG: Repeat this section (Steps 17 till 24) in Wall 3 after step 24**

## S4: SHUFFLE FWD 2x, STEP, KICK, STEP, KICK, STEP, KICK, TOUCH

1&2      Step RF fwd, Step LF next to RF, Step RF fwd  
3&4      Step LF fwd, Step RF next to LF, Step LF fwd  
5&6&      Step RF back, Kick LF diagonal L, Step LF back, Kick RF diagonal R  
7&8      Step RF back, Kick LF diagonal L, LF touch next to RF

## S5: CHASSÉ L ¼ TURN, ¼ TURN CHASSÉ R, TURN 1 ¼ L WITH HITCHES, TOUCH

1&2      Step LF L, Step RF next to LF, Turn LF ¼ L step fwd  
3&4      Turn ¼ L Step RF R, Step LF next to RF, Step RF R (weight is on RF)  
5&6      Step on LF ¼ turn L, Hitch R Knee, Turn ½ L step RF back  
&7-8      Hitch L Knee, Turn ½ L step fwd on LF, Touch RF next to LF

**RESTART HERE IN WALL 1**

## S6: TWINKLES R AND L, RUMBA BOX FWD

1&2      Step RF to R side, Step LF next to RF, Cross RF over LF  
3&4      Step LF to L side, Step RF next to LF, Cross LF over RF  
5&6      Step RF to R side, Step LF next to RF, Step RF fwd  
7&8      Step LF L, Step RF next to LF, Step LF back

## S7: MONTEREY TURN, STEP, HITCH, STEP HITCH, TWINKLES L AND R

1&2      Touch RF to R side, Turn ½ R and step RF next to LF, Touch LF to L side  
&3&4      Touch LF next to RF, Step LF fwd, Hitch R knee, Step RF fwd  
&5&6      Hitch L knee, Step LF to L side, Step RF next to LF, Cross LF over RF  
7&8      Step RF to R side, Step LF next to RF, Cross RF over LF

**S8: WEAVE L, ROCK AND CROSS, WEAVE R, ROCK AND CROSS**

1&2& LF step to L side, RF step behind RF, LF step to L side, Cross RF over LF  
3&4 Step LF to L side, Step RF next to LF, Cross LF over RF  
5&6& Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over RF  
7&8 Step RF to R side, Step LF next to RF, Cross RF over LF

**S9: RUMBA BOX FWD, LOCK STEP BACK, MAMBO**

1&2 Step LF to L side, Step RF next to LF, Step LF fwd  
3&4 Step RF to R side, Step LF next to RF, Step RF back  
5&6 Step LF back, Lock RF in front of LF, Step LF back  
7&8 Step RF back, Recover on LF, Step RF next to LF

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