

Adios

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) - March 2015
音樂: Adiós - Ricky Martin : (Album: A Quien Quiera Escuchar)



[1-8] Side, Close, Side shuffle, Cross sweep, Cross side

1,2 Step right to right side, Step left next to right
3&4 Step right to right side, Step left next to right, Step right to right side
5,6 Cross left over right, Sweep right around in front of left
7,8 Cross right over left, Step left to left side

[9-16] Behind, Side, Cross shuffle, Rock recover 1/4, Full turn forward

1,2 Step right behind left, Step left to left side
3&4 Cross right over left, Step left to left side, Cross right over left
5,6 Rock left to left side, Recover onto right making a 1/4 turn right
7,8 Make a 1/2 turn right stepping back onto left, Make a 1/2 turn right stepping forward onto right

[17-24] Left shuffle forward, Step 1/2 turn, Rock forward recover, Rock back recover

1&2 Step forward onto left, Step right next to left, Step forward onto left
3,4 Step forward onto right, Make a 1/2 turn pivot left
5,6 Rock forward onto right, Recover back onto left
7,8 Rock back onto right, Recover forward on to left

**** Restart here on wall 3**

[25-32] Right shuffle forward, Step 1/2 turn, Rock forward recover, Rock back recover

1&2 Step forward onto right, Step left next to right, Step forward onto right
3,4 Step forward onto left, Make a 1/2 turn pivot right
5,6 Rock forward onto left, Recover back onto right
7,8 Rock back onto left, Recover forward onto right

**** Add coaster step in place of counts 7,8 on wall 6**

[33-40] Cross 1/4, Shuffle back, Rock back, Recover, Full turn forward

1,2 Cross left over right, Make a 1/4 turn left stepping back onto right
3&4 Step back onto left, Step right next to left, Step back onto left
5,6 Rock back onto right, Recover forward onto left
7,8 Make a 1/2 turn left stepping back onto right, Make a 1/2 turn left stepping forward onto left

[41-48] Cross point, Samba step, Jazz box 1/4, Side shuffle

1,2 Cross right over left, Point left to left side
3&4 Cross left over right, Step right to right side, Step left to left side
5,6 Cross right over left, Step back onto left making a 1/4 turn right
7&8 Step right to right side, Step left next to right, Step right to right side

[49-56] Cross, 1/4, 1/4, Point, Point, Point, Cross shuffle

1,2 Cross left over right, Make a 1/4 turn left stepping back onto right
3,4 Make a 1/4 turn left stepping left to left side, Point right to right side
5,6 Point right over left, Point right back to right side
7&8 Cross right over left, Step left to left side, Cross right over left

[57-64] Side rock, Cross shuffle, Sway, Sway, Sway, Together

1,2 Rock left to left side, Recover on back onto right
3&4 Cross left over right, Step right to right side, Cross left over right

5,6 Sway hips to the right, Sway hips to the left
7,8 Sway hips to the right, Step left next to right taking weight

Last Update - 6th April 2015
