

Kizomba Ay vamos

COPPERKNOB
BY STEPHEN

拍數: 64
編舞者: Angels Guix (ES) - April 2015
音樂: Ay Vamos - J Balvin : (Single)

牆數: 2

級數: Easy Intermediate



Alt. music: Sexy by C4 pedro, Lil Saint & Rei Helder, CD: Kizomba Mix 5, length: 4:09 (86 bpm)

[1-8] STEP TOUCH x4 with ¼ turn right

1,2 Step RF to right, touch LF together
3,4 Step LF to left, touch RF together
5,6 ¼ turn right and step RF to right, touch LF together
7,8 Step LF to left, touch RF together

[9-16] KIZOMBA BASIC BACK, KIZOMBA BASIC FORWARD, STEP BACK, STEP TOGETHER

1,2,3 Step RF back, step LF back, touch RF back
4,5,6 Step RF forward, step LF forward, touch RF forward
7,8 Step RF back, step LF together

[17-24] CROSS SAMBA, KIZOMBA BASIC BACKWARD, ¼ TURN RIGHT and STEP TOGETHER

1&2 Cross RF over LF, step LF behind RF, cross RF over LF
&3& Step LF behind RF, cross RF over LF, step LF behind RF
4,5,6 Step RF back, step LF back, touch RF back
7,8 ¼ turn right and step RF forward, step LF together

[25-32] PIVOT ½ TURN, ¾ TURN LEFT, STEP TOUCH, KIZOMBA BASIC BACK

1,2 Step RF forward, ½ turn left and step on LF
3,4 Step RF forward and ¾ turn left, step LF to left
5 Touch RF together
6,7,8 Step RF back, step LF back, touch RF back

[33-40] WALK x4, little SHUFFLE FORWARD x2

1-4 Walk four steps forward (RF, LF, RF, LF)
5&6 Step RF slightly forward, step LF together, step RF slightly forward
7&8 Step LF slightly forward, step RF together, step LF slightly forward

[41-48] STEP BACKWARD x2, CROSS ROKING CHAIR with ¼ turn right

1,2 Step RF back, step LF back
3&4 Cross rock RF over LF, recover on LF, rock RF to right
&5&6 Recover on LF, cross rock RF over LF, recover on LF, ¼ turn right and step RF forward
7,8 Step LF together, tap RF together

[49-56] ROCKING CHAIR travelling a little to right, ¼ PIVOT TURN x2

1&2& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
3&4& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
5,6 Step RF forward, ¼ turn left and step on LF
7,8 Step RF forward, ¼ turn left and step on LF

[57-64] ROCKING CHAIR travelling a little to right, ¼ PIVOT TURN x2

1&2& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
3&4& Rock RF forward, recover on LF, rock RF backward, recover on LF

(travel a little to right while doing this rocking chair movement)

5,6 Step RF forward, ¼ turn left and step on LF

7,8 Step RF forward, ¼ turn left and step on LF

Start again

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