

La Paz Mundial

拍數: 32 牆數: 4 級數: Improver
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音樂: La Paz Mundial by Stefano Arrigucci



Intro 32 counts.

Section 1: Mambo Step. Sweep. Sweep. Coaster Step. Forward Shuffle.

1&2 Rock forward on right. Recover onto left. Step back on right.
3-4 Sweep left from front to back. Sweep right from front to back.
5&6 Step back on left. Step right beside left. Step forward on left.
7&8 Step forward on right. Close left beside right. Step forward on right.

Section 2: Mambo Step. 1/4 Turn right. Cross. Hip Bumps. 1/4 Turn right. Hip Bumps.

1&2 Rock forward on left. Recover onto right. Step back on left.
3-4 Turn 1/4 right stepping right to right. Cross left over right.
5&6 Bump hips, right, left right.
7&8 Turn 1/4 right stepping left to left bumping left, right left.

Section 3: Sailor Turn 1/8 right. Forward Step. Hitch. Coaster Step. Heel. Flick. Heel.

1&2 Turn 1/8 right stepping right foot behind left foot. Step left to left side. Step right foot in place.
3-4 Step forward on left. Hitch right knee up.
5&6 Step back on right. Step left beside right. Step forward on right.
7&8 Put left heel forward. Flick left foot back. Put left heel forward.

Section 4: Swivel. Swivel. Swivel Turn 1/8 right. Coaster Step. Shuffle 1/2 turn. 1/2 Turn. Step.

1&2 Swivel heels to the left. Swivel heels to centre. Swivel heels to the left turning 1/8 right.
3&4 Step back on right. Step left beside right. Step forward on right.
5&6 Shuffle forward making 1/2 turn over the right shoulder stepping left, right, left.
7-8 Turn 1/2 over right shoulder stepping forward on right. Step forward on left.

Ending: Simply skip the 1/4 turn right, Steps 7&8 of Section 2, dance the last hip bumps, left right left and cross right over left facing front wall.
