

La Pizzica

拍數: 32 牆數: 1 級數: Improver
編舞者: Russell Breslauer (USA) - September 2013
音樂: La Pizzica dance music
或: La sposa me - Roby Santini
或: Lu Core Meu



This is a fast dance. and is better with flicks instead of lifts.

Start on the vocals and dance through the music pause for La Sposa Me

STEP LIFT STEP LIFT, SIDE SHUFFLE X 2 (Right and Left)

1&2& Step Right Lift (or flick back) left, Left lift (or flick back) right
3&4 Shuffle step to right, Right, Left, Right
5 – 6 Step Right Lift (or flick back) left, Left lift (or flick back) right
7 & 8 Shuffle step to left, Left, Right, Left

TOE HEEL, CROSS AND CROSS X 2

9 – 10 Touch Right toe in back, then Right heel in front
11&12 Cross the Right foot in front of the left, step on Left, cross Right in front of left
13 – 14 Touch Left toe in back , then Left heel in front
15 & 16 Cross the Left foot in front of the right, step on Right foot, cross Left in front of right

ROCK BACK, RECOVER SHUFFLE FWD, ROCK FORWARD, RECOVER, SHUFFLE BACK

17 – 18 Rock back on Right, recover on Left (more interesting with flicks as back flick, forward flick as 17&18&)
19 & 20 Step forward on Right, step together with Left, step forward with Right
21 – 22 Rock forward on Left, recover on Right (more interesting with flicks as back flick, forward flick as 21&22&)
23 & 24 Step back on Left, step Right beside left, step Left back

STEP ½ TURN SHUFFLE X 2

25 – 26 Step Right foot forward, ½ pivot turn left on Left (again is better with added lifts or flicks back)
 An easier option is two quarter turns.
27 & 28 Step in place on Right, Left, Right
29 – 30 Step Left foot forward, ½ pivot turn left on Right
31 & 32 Step in place on Left, step Right beside left, step Left back

REPEAT to end

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