

La Gozadera

拍數: 32 牆數: 4 級數: Newcomer
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音樂: La Gozadera (feat. Marc Anthony) - Gente de Zona



[1-8] TOE STRUT x4, TRIPLE STEP, SAILOS STEP with 1/4

1.- Toe RF forward
&.- RF flat
2.- Toe LF forward
&.- LF flat
3.- Toe RF forward
&.- RF Flat
4.- Toe LF forward
&.- LF flat

(From count 1 until count 4 attach shimmy)

5.- Step RF to right
&.- Step LF next RF
6.- Step RF to right
7.- Step LF back to RF
&.- Step RF to right with ¼ turn to left (9h)
8.- Step LF forward

[9-16] POINT x2 , LOCK STEP x2, ROCK/ RECOVER x2

1- Point RF to right with straight leg
&.- Step RF next LF
2.- Point LF to left with straight leg
&.- Step LF next RF
3.- Step RF forward
&.- Step LF next RF
4- Step RF forward
5.- Step LF forward
&.- Step RF next LF
6.- Step LF forward
7.- Rock RF forward
&.- Recover
8.- Rock RF back
&.- Recover

[17-24] STEP TURN, ½ TURN BACK, LOCK STEP, STEP BACK, TOUCH, FORWARD, TOUCH

1.- Step RF forward
&.- ½ turn to left, recover weight to LF (3h)
2.- ½ turn to left with step back RF (9h)
3.- Step back LF
&.- Step RF next LF
4- Step back LF
5- Step back RF
6- Toe LF forward
7.- Step LF in place
8.- Step RF next LF

(In counts 5-6-7 and 8 attach shoulders movements)

[25-32] TRIPLE STEP X2 , full turn with STEP X4

- 1- Step RF to right
- &.- Step LF next RF
- 2- Step RF to right
- 3- Step LF to left
- &.- Step RF next LF
- 4.- Step LF to left
- 5- ¼ turn to left with Step forward LF (6h)
- 6.- ¼ turn to left with Step forward RF(3h)
- 7- ¼ turn to left with Step forward LF (12h)
- 8.- ¼ turn to left with Step forward RF (9h)

Start again

****2 Tags in 2nd and 5th walls.**

TAG / RESTART

[1- 4] DOUBLE CIRCLE WITH ARMS

- 1.- Up your arms and start a circle from right to left
- 2- With your arms in up complete the circle.
- 3- Start again a circle with the arms up from right to left
- 4.- Complete the circle

And Restart

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