

Apaxionada

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Petra Geens (BEL) - January 2016
音樂: Apaxionada - Paul Michiels



Intro : 16 counts

MAMBO R, MAMBO L, MAMBO FORWARD, MAMBO BACK

1 RV rock side
& LV recover weight
2 RV step nex to LV
3 LV rock side
& RV recover weight
4 LV step next to RV
5 RV rock forward
& LV recover weight
6 RV step next to LV
7 LV step behind
& RV recover weight
8 LV step next to RV

1/4 PADDLE TURN L, 1/4 PADDLE TURN L, 1/4 PADDLE TURN L, 1/4 TURN L TOUCH, ROCK SIDE, BEHIND, 1/4 TURN I, STEP FORWARD,

1 1/4 turn left, RV touch side(9.00)
2 1/4 turn left, RV touch side (6.00)
3 1/4 turn left, RV touch side (3.00)
4 1/4 turn left, RV touch next to LV (12.00)
5 RV rock side
6 LV recover weight
7 RV step behind LV
& 1/4 turn left ,LV step forward (9.00)
8 RV step forward

ROCK STEP, LOCKSTEP BEHIND, 1/4 TURN R , STEP, TOUCH, 1/4 TURN I, STEP, OUT, OUT, IN IN

1 LV Rock forward
2 RV recover weight
3 LV step back
& RV cross over LV
4 LV step behind
& 1/4 turn right, RV step forward(12.00)
5 LV touch side (put right arm up)
6 1 /4 turn left, LV step forward (9.00)
& RV step forward
7 LV step forward (flashing fingers above the head)
& RV step back
8 LV step back (flashing fingers down)

JUMP FORWARD , JUMP FORWARD, STEP SIDE, TOUCH , BEHIND, CROSS, SIDE, CROSS, SIDE, CROSS, FLICK, CROSS

& RV step forward
1 LV step forward(flashing with the fingers above the head))
& RV step forward

- 2 LV step forward (flashing with the fingers above the head)
- & RV step to the side
- 3 LV touch hiel in front
- & LV step next to RV
- 4 RV cross over LV
- & LV step to the side
- 5 RV cross over LV
- & LV step to the site
- 6 RV cross over RV
- 7 LV flick back (R arm flashing fingers above the head, left arm in side)
- 8 LV cross over RV

TAG- 16 tellen

SIDE, TOGETHER, MAMBO R, SIDE, TOGETHER, MAMBO L,

- 1 RV step to the site
- 2 LV step next to RV
- 3 RV rock side
- & LV recover weight
- 4 RV step next to LV
- 5 LV step to the site
- 6 RV step next to LV
- 7 LV rock side
- & RV recover weight
- 8 LV step next to RV

FULL TURN PADDLE L, HIPS R, HIPS L

- 1 ¼ turn left, RV touch side
- 2 ¼ turn left, RV touch side
- 3 ¼ turn left, RV touch side
- 4 ¼ turn left, RV touch side
- 5 Swing hips right
- & swing hips back to centre
- 6 swing hips right
- 7 swing hips left
- & swing hips back to centre
- 8 swing hips left

Restart during walls 3 and 7 after count 8

TAG - after wall 4

Have fun !!!

Contact: petrageens@telenet.be
