A Little Nibble

拍數: 32

級數: Beginner

編舞者: Lynn Card (USA) - February 2016

音樂: La Mordidita (feat. Yotuel) - Ricky Martin

No Tags, No Restarts (Good floor split with The Bite by Ria Vos)

Intro: 16 counts from beat

KICK BALL STEP, WALK, WALK, KICK BALL STEP, WALK, WALK

1&2,3,4 Kick R forward, Replace R next to L, Step L slightly forward, Walk R forward, Walk L forward Kick R forward, Replace R next to L, Step L slightly forward, Walk R forward, Walk L forward 5&6,7,8

STEP BACK WITH SHIMMY, STEP BACK WITH SHIMMY, WALK BACK R,L,R,L WITH SHIMMY

- 1&2&3&4 Step R back(1) with shoulder shimmy back and forth (1&2), Step L back(3) with shoulder shimmy back and forth (&3&4)
- &5&6&7&8 Step R back(5) with shoulder shimmy back and forth(&5&), Step L back(6) with shoulder shimmy back and forth(6&), Step R back(7) with shoulder shimmy back and forth(7&), Step L back(8) with shoulder shimmy (8)

(in this section your feet are stepping back on the whole counts but your shoulders are moving back and forth to the whole and & counts, you are releasing your foot on the & count to prep for the step back, you can also count this section in whole counts for beginners first and then add the &'s and shoulders, SEE VIDEO DEMO AND TEACH)

STEP, TOUCH, STEP, TOUCH, SIDE CHASSE, ROCK BACK, RECOVER

- 1,2,3,4 Step R to right, Touch L next to R, Step L to left, Touch R next to L
- 5&6,7,8 Step R to right, Step L next to R, Step R to right, Rock L back, Recover R forward

STEP, TOUCH, STEP, TOUCH, SIDE CHASSE WITH 1/4 TURN TO RIGHT, ROCK BACK, RECOVER

- 1.2.3.4 Step L to left, Touch R next to L, Step R to right, Touch L next to R
- 5&6,7,8 Step L to left, Step R next to L, Step L to left turn ¼ turn to right(3:00), Rock R back, Recover L forward

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牆數:4