

Dos Azucares

拍數: 64
編舞者: Gary Lafferty (UK) - March 2016
音樂: Sugar Sugar - Zacarias Ferreira

牆數: 2

級數: Easy Intermediate



#16-count intro

S1: STEP FORWARD, HOLD, ROCK FORWARD, RECOVER; STEP BACK, HOLD, ROCK BACK, RECOVER

1-4 Step forward on Left foot, hold, rock forward on Right foot, recover weight back onto Left foot
5-8 Step back on Right foot, hold, rock back on Left foot, recover weight onto Right foot

S2: STEP FORWARD, CROSS, BACK, SIDE; WEAVE TO RIGHT

1-4 Step forward on Left foot, cross-step Right foot over Left, step back on Left foot, step on Right foot beside Left
5-8 Cross-step Left over Right, step to Right on Right foot, cross-step Left foot behind Right, step to Right on Right foot

S3: CROSS-ROCK, RECOVER, STEP LEFT, HOLD; CROSS-ROCK, RECOVER, STEP RIGHT, FLICK

1-4 Cross-rock Left foot over Right, recover weight onto Right foot, step to Left on Left foot, hold
5-8 Cross-rock Right foot over Left, recover weight onto Left foot, step to Right on Right foot, flick Left foot out to Left

S4: WEAVE TO RIGHT, SWEEP; WEAVE WITH ¼ TURN, HOLD

1-2 Cross-step Left foot over Right, step to Right on Right foot
3-4 Cross-step Left foot behind Right, sweep Right foot around from front to back
5-6 Cross-step Right foot behind Left, turn ¼ Left stepping forward onto Left foot
7-8 Step forward on Right foot, hold

S5: LEFT MAMBO FORWARD, FLICK; STEP BACK, FLICK

1-4 Rock forward on Left foot, recover weight back onto Right foot, step back on Left foot, flick Right foot forward
5-8 Step back on Right foot, step back on Left foot, step back on Right foot, flick Left foot forward

S6: LEFT COASTER CROSS, HOLD; ¼ TURN, ¼ TURN, POINT, TOUCH

1-4 Step back on Left foot, step on Right foot beside Left, cross-step Left foot over Right, hold
5-6 Turn ¼ Left stepping back on Right foot, turn ¼ Left stepping Left foot out to Left side
7-8 Point Right foot out to Right side, touch Right foot beside Left

S7: FULL ROLLING TURN TO RIGHT WITH TOUCH; STEP LEFT, TOUCH, STEP RIGHT, TOUCH (with Shimmy)

1-4 Turn ¼ Right stepping forward onto Right foot, turn ½ Right stepping back onto Left foot
3-4 Turn ¼ Right stepping Right foot out to right side, touch Left foot beside Right
5-6 Step to Left on Left foot (shimmy shoulder if you want), touch Right foot beside Left
7-8 Step to Right on Right foot (shimmy shoulder if you want), touch Left foot beside Right

S8: FIGURE OF 8 GRAPEVINE

1-2 Step to Left on Left foot, cross-step Right foot behind Left
3-4 Turn ¼ Left stepping forward onto Left foot, step forward on Right foot
5-6 Pivot ½ turn to Left, turn ¼ Left stepping Right foot to Right side
7-8 Cross-step Left foot behind Right, turn ¼ Right stepping forward onto Right foot

START AGAIN

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