

Dancing Kizomba

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Dancing Kizomba by Aliz Velix (Spanish version)



Intro: 16 counts

[1-8] □ Forward, Side Rock Cross, Side Rock, Forward Rock, Back, Coaster Cross

1,2&3 Step Right forward(1), Rock Left to the left(2), Recover weight onto Right(&), Cross Left over Right(3)
4&5& Rock Right to right(4), Recover weight onto Left(&), Rock Right forward(5), Recover weight onto Left(&)
6,7&8 Step Right back(6), Step Left back(7), Step Right beside Left(&), Cross a Left over Right(8)

[9-16] □ Forward, Half Pivot Step, Forward, Rocking Chair, Forward Shuffle (all moving in the diagonal)

1,2&3 Turning 1/8 right, step Right forward toward 1.30(1), Step Left forward(2), Turn 1/2 right, shifting weight to Right to face 7.30(&), Step Left forward(3)
4,5&6& Step Right forward(4), Rock Left forward(5), Recover weight onto Right(&), Rock Left back(6), Recover weight onto Right(&)
7&8 Shuffle forward on Left(7), Right(&), Left(8)

[17-24] □ Forward, Sweep 5/8 turn, Behind side cross, Touch, Side Touches with Body Roll

1 Step Right forward into 7.30, sweep Left back to turn 5/8 left to face 12.00(1)
2&3,4 Step Left behind Right(2), Step Right to right(&), Cross Left over Right(3), Touch Right toe to the right(4)
5,6 Step Right with body roll to right side(5), Touch Left in place (6)
7,8 Step Left with body roll to left side(7), Touch Right in place (8)

[25-32] □ Ball Cross Side, 1/4 Sailor Step, Kick-Ball Step, Pivot Full Turn, Touch

&1,2 Step Right beside Left (&), Cross Left over Right (1), Step Right to right (2)
3&4 ¼ turn L Step Left behind Right(3), Step Right to right(&), Step Left forward (4)
5&6 Kick Right forward (5), Step Right beside Left(&) Step Left forward (6)
7&8 Step Right forward (7), full turn left (&), Touch Right toe to the right(8)

Easier Option for 7&8: Rock Right forward(7), Recover weight onto Left(&), Touch Right beside Left(8)

Start again! - No Tags, No Restarts

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