

Sobredosis Amor

拍數: 64 牆數: 4 級數: Improver
編舞者: Esmeralda van de Pol (NL) - May 2016
音樂: Sobredosis (feat. El Cata) - Kat Deluna



Intro : 48 tellen

S1: SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS SIDE

1-2 Step RF to R side, Step LF behind RF
3-4 Step RF to R side, Cross LF over RF
5-6 Rock RF to R side, Recover weight on LF
7-8 Cross RF over LF, Step LF to L side(Body is in the left diagonal)

S2: CROSS ROCK FWD, ROCK BACK, PIVOT 1/4 TURN L, CROSS, SIDE

1-2 Rock RF diagonal fwd, Recover weight on LF
3-4 Rock RF back, Recover weight on LF
5-6 Step RF fwd, 1/4 turn L-weight on L - 09.00
7-8 Cross RF over LF, Step LF to L side

S3: CROSS, SIDE, BEHIND, FLICK, CROSS, SIDE, BEHIND, FLICK

1-2 Cross RF over LF, Step LF to L side
3-4 Step RF behind LF, Flick LF
5-6 Cross LF over RF, Step RF to R side
7-8 Step LF behind RF, Flick RF

S4: CROSS, BACK, BACK, CROSS, BACK, SIDE, CROSS ROCK FWD

1-2 Cross RF over LF, Step LF back
3-4 Step RF back, Cross LF over RF
5-6 Step RF back, Step LF to L side
7-8 Rock RF across LF, Recover weight on LF

S5: SIDE, TOGETHER, SIDE, TOGETHER, ROCKING CHAIR

1-2 Step RF to R side, Step LF next to RF
3-4 Step RF to R side, Step LF next to RF
5-6 Rock RF fwd, Recover weight on LF
7-8 Rock RF back, Recover weight on LF

S6: PIVOT 1/8 TURN L X2, JAZZBOX CROSS

1-2 Step RF fwd, 1/8 turn L-weight on L - 06.00
3-4 Step RF fwd, 1/8 turn L-weight on L
5-6 Cross RF over LF, Step LF back
7-8 Step RF to R side, Cross LF over RF

S7: SIDE, TOGETHER, SIDE, TOGETHER, ROCKING CHAIR

1-2 Step RF to R side, Step LF next to RF
3-4 Step RF to R side, Step LF next to RF
5-6 Rock RF fwd, Recover weight on LF
7-8 Rock RF back, Recover weight on LF

S8: PIVOT 1/8 TURN L X2, JAZZBOX CROSS

1-2 Step RF fwd, 1/8 turn L-weight on L - 03.00
3-4 Step RF fwd, 1/8 turn L-weight on L

5-6
7-8

Cross RF over LF, Step LF back
Step RF to R side, Cross LF over RF
