

EZ Baila Asi

拍數: 32 牆數: 1 級數: Absolute Beginner - Latin Rhythm
編舞者: Tom Inge Soenju (NOR) - June 2016
音樂: Baila - Andreea Balan : (iTunes, Google Play and Amazon)



Intro: 32 counts.

Sequence: Repeating sequence

Tag/Restart: No tags or restarts.

End: Dance as normal till music ends.

Section 1: R Side, Together, R Side-Together-Side, Sway, Sway, L Side-Together-Side

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 & Step right foot to right side and step left foot next to right foot
- 4 Step right foot to right side
- 5 Sway (your hips) to the left side
- 6 Sway (your hips) to the right side
- 7 & Step left foot to left side and step right foot next to left foot
- 8 Step left foot to left side

Styling tips: On counts 3&4 and 7&8 use Cuban hip motion if possible. On steps 5-6 swing your hips in an 8-motion with the swaying.

Section 2: R Cross, Step, Behind-Side-Cross, L Side Rock, Recover, Paddle turn R x2

- 1 Cross right foot over left foot
- 2 Step left foot to left side
- 3 & Step right foot behind left foot and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step (rock) left foot to left side
- 6 Recover weight onto your right foot
- 7 & Step left foot forward and paddle a quarter to your right (weight on your right foot)
- 8 & Step left foot forward and paddle a quarter to your right (weight on your right foot)

Styling tips: On steps 5-6 swing your hips in an 8-motion, if possible, starting towards the left side (rock) and ending on the right side (recover))

Section 3: L Side, Together, L Side-Together-Side, Sway, Sway, R Side-Together-Side

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 & Step left foot to left side and step right foot next to left foot
- 4 Step left foot to left side
- 5 Sway (your hips) to the right side
- 6 Sway (your hips) to the left side
- 7 & Step right foot to right side and step left foot next to right foot
- 8 Step right foot to right side

Styling tips: On counts 3&4 and 7&8 use Cuban hip motion if possible. On steps 5-6 swing your hips in an 8-motion with the swaying if possible

Section 4: L Cross, Step, Behind-Side-Cross, R Side Rock, Recover, Paddle turn L x2

- 1 Cross left foot over right foot
- 2 Step right foot to right side
- 3 & Step left foot behind right foot and step right foot next to left foot
- 4 Cross left foot over right foot
- 5 Step (rock) right foot to right side

6 Recover weight onto left foot

7 & Step right foot forward and paddle a quarter to your left (weight on your left foot)

8 & Step right foot forward and paddle a quarter to your left (weight on left foot)

Styling tips: On steps 5-6 swing your hips in an 8-motion if possible starting towards the right side (rock) and ending on the left side (recover)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or you would like additional information, please contact me:

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