

Guantanamera (關達娜美拉) (zh)

COPPER KNOB
STYLEDANCE

拍數: 48 牆數: 2 級數: Beginner
編舞者: Nina Chen (TW) - 2016年07月
音樂: Guantanamera - CAMEL



Intro: 32 counts

Sequence of dance : 48 32 / 48 32 / 48 32 / 48 48 / 32 32 32 24

S1. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up
5-6,7&8 Step LF to L - Step RF beside LF - 1/4 turn L (9:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁推提左臀
5-6,7&8 左足左踏 - 右足併踏左足旁 - 左轉1/4 (9:00) 前交換步(左 右 左)

S2. 1/4 TURN L SIDE - TOUCH - 1/4 TURN R BACK - TOUCH - 1/4 TURN - R SIDE - TOUCH - 1/4 TURN L FWD - TOUCH

1-4 1/4 turn L (6:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn R (9:00) step LF back - Touch RF beside LF lifting right hip up
5-8 1/4 turn R (12:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn L (9:00) step LF fwd - Touch RF beside LF lifting right hip up
1-4 左轉1/4 (6:00)右足右踏 - 左足點收右足旁推提左臀 - 右轉1/4 (9:00) 左足後踏 - 右足點收左足旁推提右臀
5-8 右轉1/4 (12:00) 右足右踏 - 左足點收右足旁推提左臀 - 左轉1/4 (9:00) 左足前踏 - 右足點收左足旁推提右臀

S3. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up
5-6,7&8 Step LF to L - Step RF beside LF - 1/4 turn L (6:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁推提左臀
5-6,7&8 左足左踏 - 右足併踏左足旁 - 左轉1/4 (6:00)前交換步(左 右 左)

S4. JAZZ BOX - SIDE - TOUCH - SIDE - TOUCH

1-4 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
5-8 Step RF to R - Touch LF beside RF lifting left hip up - Step LF to L - Touch RF beside LF lifting right hip up
1-4 右足前踏 - 左足後踏 - 右足右踏 - 左足前踏
5-8 右足右踏 - 左足點於右足旁推提左臀 - 左足左踏 - 右足點收左足旁推提右臀

S5. SIDE - BEHIND - SIDE - TOUCH - ROLLING FULL TURN L - TOUCH

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF lifting left hip up
5-8 1/4 turn L step LF fwd (3:00) - 1/2 turn L step RF to R (9:00) - 1/4 turn L step LF to L (6:00) - Touch RF beside LF lifting right hip up
1-4 右足右踏 - 左足後踏 - 右足右踏 - 左足點於右足旁推提左臀
5-8 左轉1/4 左足前踏 (3:00) - 左轉1/2 右足右踏 (9:00) - 左轉1/4 左足左踏 (6:00) - 右足點收左足旁推提右臀

S6: WALK - WALK - WALK - TOUCH - BACK - BACK - BACK - TOUCH

1-4 Walk RF fwd - Walk LF fwd - Walk RF fwd - Touch LF fwd lifting left hip up
5-8 Step LF back - Step RF back - Step LF back - Touch RF beside LF lifting right hip up
1-4 右足前踏 - 左足前踏 - 右足前踏 - 左足點於前方推提左臀
5-8 左足後踏 - 右足後踏 - 左足後踏 - 右足點收左足旁推提右臀

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com
