

La Mordidita

拍數: 32 牆數: 2 級數: Beginner
編舞者: Bernard Canal (FR) - June 2016
音樂: La Mordidita by Ricky Martin



Intro : Start after the intro music on vocal after 2 x 8 counts - No Tag No Restart

A[1-8] Left Hip Bump, Right Hip Bump, Rock Forward, Recover, Coaster Step Right

1-2 Step forward, bending knees, move the right hip diagonally Right - 12:00
3-4 Step forward, bending knees, move the left hip diagonalty Left
5-6 Rock right forward, recover to left
7&8 Step right backwards, Bring left beside right, step right forward

B[1-8] Lindy Left, Lindy Right

1&2 Step left to left, step right beside left, step left to left
3-4 Rock right back, recover to left
5&6 Step right to right, step left beside right, step right to right
7-8 Rock left back, recover on right

C[1-8] Step ½ Turn, Shuffle forward, Rock Forward, Recover, Coaster Step Right

1-2 Step left forward, ½ turn Right - 06:00
3&4 Step left forward, step right beside left, step left forward
5-6 Rock right forward, recover to left
7&8 Step right backwards, Bring left beside right, step right forward

D[1-8] Rolling vine Left, Touch, Step Right, Touch, Step Left, Touch

1-2 Step Left 1/4 turn Left, step forward with 1/2 turn Left
3-4 Step back left with 1/4 turn to Left, Touch left beside right
5-6 Step right to right, touch left toe beside right
7-8 Step left to left, touch right toe beside left

REPEAT START SMILE AND HAVE FUN !

Contact: bernard.canal@hotmail.fr
