

Traidora AB

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Ernie Yin (INA) - July 2016
音樂: Traidora (feat. Marc Anthony) - Gente de Zona



Intro : 32 Counts - Sequence : A, Tag1, B,B,B, A, Tag2, B,B,B, A(16)

Part A: 32 counts

A1: WALK – FORWARD SHUFFLE – ½ R PIVOT- STEP FORWARD – FULL TURN LEFT

1 2 Walk Forward In Rf -Lf
3 & 4 Forward Shuffle Rf-Lf-Rf
5 & 6 Step Lf Forward – Turn ½ Right Step On Rf – Step Lf Forward
7 & 8 Turn ½ Left Step Rf Back – Turn ½ Left Step Lf Forward – Step Rf Forward (06.00)

A2: FORWARD & BACK MAMBO – SIDE MAMBO

1 & 2 Step Lf Forward – Recover On Rf – Step Lf Back
3 & 4 Step Rf Back – Recover On Lf – Step Rf Forward
5 & 6 Step Lf To Side – Recover On Rf – Step Lf Beside Rf
7 & 8 Step Rf To Side – Recover On Lf – Step Rf Beside Lf (06.00)

A3: BOTAFOGO L & R – TURN ¼ LEFT – COASTER STEP

1 a 2 Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place
3 a 4 Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place
5 & 6 Step Lf Cross Over Rf – Turn ¼ Left Step Rf Back – Step Lf Back
7 & 8 Step Rf Back – Step Lf Beside Rf – Step Rf Forward (09.00)

A4: BOTAFOGO L & R – TURN ¼ LEFT – COASTER STEP

1 a 2 Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place
3 a 4 Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place
5 & 6 Step Lf Cross Over Rf – Turn ¼ Left Step Rf Back – Step Lf Back
7 & 8 Step Rf Back – Step Lf Beside Rf – Step Rf Forward (12.00)

Part B: 32 counts

B1: CROSS & SIDE ROCK – BOTAFOGO 2X

1 & Step Rf Cross Over Lf – Recover On Lf
2 & Step Rf To Side – Recover On Lf
3 a 4 Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place
5 & Step Lf Cross Over Rf – Recover On Rf
6 & Step Lf To Side – Recover On Rf
7 a 8 Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place (12.00)

B2: ½ SAMBA DIAMOND – SYNCOPATED CROSSES

1 a Step Rf Cross Over Lf – Step Lf To Side
2 a Turn 1/8 Right Step Rf Back – Hitch Lf (01.30)
3 a 4 Step Lf Back – Turn 1/8 Right Step Rf To Side – Turn 1/8 Right Step Rf Forward (04.30)
5 & Turn 1/8 Right Step Rf Cross Over Lf – Step Lf Slightly To Side
6 & Step Rf Cross Over Lf – Step Lf Slightly To Side
7 & 8 Step Rf Cross Over Lf – Step Lf Slightly To Side= Step Rf Cross Over Lf

B3: SIDE ROCK & FORWARD 2X – MAMBO HITCH – COASTER STEP

1 a 2 Step Lf To Side – Recover On Rf – Step Lf Forward
3 a 4 Step Rf To Side – Recover On Lf – Step Rf Forward
5 & Step Lf Forward – Recover On Rf –
6 & Step Lf Back - Hitch Rf

7 & 8 Step Rf Back – Step Lf Beside Rf – Step Rf Forward

B4: BOTAFOGO 2X – ¼ TURN LEFT VOLTA

1 a 2 Step Lf Cross Over Rf – Ball Rf To Side – Step Lf In Place
3 a 4 Step Rf Cross Over Lf – Ball Lf To Side – Step Rf In Place
5 & Step Lf Forward – Turn 1/8 Left Lock Rf Behind Lf
6 & Turn 1/8 Step Lf Forward - Turn 1/8 Left Lock Rf Behind Lf
7 & Turn 1/8 Step Lf Forward - Turn 1/8 Left Lock Rf Behind Lf
8 Turn 1/8 Step Lf Forward

Tag 1 :

1 4 Step Lf Forward Raise Hands To Top From Side Of Body
5 6 Bring Down Hands Till Shoulder High
7 & 8 Roll Shoulders

Tag 2 :

1 2 Step Lf Forward Raise Hands Till Shoulders High
3 & 4 Roll Shoulders

Enjoy The Dance !!!!!

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Last Update – 25th April 2017
