

Sacame a Bailar

拍數: 56 牆數: 2 級數: Improver
編舞者: Christie Lim (MY) & Peter Reber (SA) - November 2016
音樂: Sacame a Bailar - Belinda & Cóplices : (Album: Mariana)



Sequence: AABC – AABC – BC – ABCB – Tag – B - Ending
Intro 32 counts

PART A (24 count)

A1: Cross Rock, recover side (2x), Lock step, ½ turn (hitch), Lock step

1 & 2 Cross Rock RF over LF, Recover, RF side
3 & 4 Cross Rock LF over RF, Recover, LF side
5 & 6 1/8 turn L RF fwd (10:30), lock LF behind RF, RF fwd
7 & 8 1/4 turn R (hitching LF) LF fwd (01:30), lock RF behind LF, LF fwd

A2: Side, back rock, recover (2x), ¼ turn, ½ turn with sweep, hip bumps

1 & 2 Step RF to R, LF behind, Recover
3 & 4 Step LF to L, RF behind, Recover
5 6 1/4 R step fwd on RF, 1/2 turn to R weight on RF sweeping LF (09:00)
7 & 8 L hip bump, R hip bump, L hip bump

A3: Samba steps (2x),

1 & 2 Cross RF over left, Step LF to L, Recover
3 & 4 Cross LF over right, Step RF to R, Recover
5 & 6 1/4 turn R step RF fwd, 1/4 turn R LF next to RF, 1/4 turn Step RF fwd (06:00)
7 & 8 1/4 turn, weight on LF, 1/4 turn L RF next to LF, step LF fwd

Part B (16 count)

B1: Side Rock, Recover (2x), ¼ turn, shuffle ½ turn

1 & 2 Side rock RF, Recover, Together
3 & 4 Side rock LF, Recover, Together
5 & 6 1/4 R step RF fwd, LF next to RF, step RF fwd
7 & 8 1/4 turn R step LF side, RF next to LF, 1/4 step LF back (09:00)

B2: Coaster step, hip bumps, brush, ¼ turn R big step, together

1 & 2 RF back, together, RF fwd
3 & 4 1/4 turn R step LF side with L hip bump (12:00), R hip bump, L hip bump 1/8 turn R (01:30)
5 6 Brush RF (diagonal), 1/8 turn step down □ RF
7 8 1/4 turn R big step L, RF together

Part C (16 count)

C1: Toe/heel split (4x), Together, ¼ Paddle turn L (2x), hop (3x)

Styling Note: moving to the right doing 1 to 4

1 & Toe together / heel split, Heel together / toe split
2 & Toe together / heel split, Heel together / toe split
3 & Toe together / heel split, Heel together / toe split
4 Toe together / heel split
5 6 Paddle 1/4 turn L, Paddle 1/4 turn L
7 & 8 hop fwd, hop fwd, hop fwd (leaning increasingly backwards as you hop)

C2: Toe/heel split (4x), Together, ¼ Paddle turn R (2x), hop (3x)

Styling Note: moving to the right doing 1 to 4

1 & Toe together / heel split, Heel together / toe split

- 2 & Toe together / heel split, Heel together / toe split
3 & Toe together / heel split, Heel together / toe split
4 Toe together / heel split
5 6 Paddle 1/4 turn R, Paddle 1/4 turn R
7 & 8 hop fwd, hop fwd, hop fwd (leaning increasingly backwards as you hop)

Tag (16 count)

T1: Shoulder shimmy (4x), Rolling vine L

Styling Note: sink into the knees

- 1 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back,
2 & R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

Styling Note: rise

- 3 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back,
4 & R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back
5 1/4 turn L step LF fwd
6 1/2 turn L step RF back
7 1/4 turn L step LF side
8 RF together

T2: Shoulder shimmy (4x), Rolling vine R

Styling Note: sink into the knees

- 1 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
2 & R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

Styling Note: rise

- 3 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
4 & R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back
5 1/4 turn R step RF fwd
6 1/2 turn R step LF back
7 1/4 turn R step RF side
8 LF together

Ending (4 count)

E: Shoulder shimmy (3x), Stomp fwd, Point

Styling Note: sink into the knees

- 1 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
2 & R shoulder fwd, L shoulder back, L shoulder fwd, R shoulder back

Styling Note: rise

- 3 & R shoulder fwd L shoulder back, L shoulder fwd, R shoulder back
4 Stomp RF fwd, Point with right hand

Enjoy!

Contact: preber@telkomsa.net with any questions or comments
