El Amor Que Perdimos



拍數: 64 牆數: 4 級數: High Beginner

編舞者: Sonja Hemmes (USA) - February 2017

音樂: El Amor Que Perdimos - Prince Royce : (Album: - Prince Royce)



Start dance after 32 counts

Alt Music: La Fiesta By Salsa (Start after 48 counts. 1 restart 6th rotation after 16 counts)

S1: ROCK FORWARD, TRIPLE STEP, ROCK BACK, TRIPLE STEP

1-2	Rock forward on right, return weight on left
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3&4 Step right next to left, step left in place, step right in place

5-6 Rock back on left, return weight on right

7&8 Step left next to right, step right in place, step left in place

S2: WEAVE LEFT, LEFT SAILOR STEP, HOLD

1-3	Step right across left, step left to I	eft side step right behind left

4-6 Swing left behind right stepping left behind right, step right to right side

7-8 Step left in front of right, hold

S3: STEP DRAG, SWIVEL HIPS & HEELS, RIGHT THEN LEFT

1-2	Step right to right side, drag left next to right
3-4	Swivel hips & heels to the left then to the right
5-6	Step left to left side drag right next to left
7-8	Swivel hips & heels to the right then to the left

S4: NIGHT CLUB RIGHT, NIGHT CLUB LEFT TURNING 1/4 RIGHT

1-4	Step to right side, drag left next to right, rock back on left, step forward on right
5-8	Step to left side, drag right and rock back turning ¼ right, step forward on left

S5: MAMBO RIGHT, MAMBO LEFT WITH HOLDS

1-4	Step right to right side, step left in place, step right next to left, hold
5-8	Step left to left side, step on right in place, step left next to right, hold

S6: MAMBO FORWARD, MAMBO BACK WITH HOLDS

1-4	Step right forward, step on left, step right next to left, hold
5-8	Step left back, step on right in place, step left next to right, hold

S7: LOCK STEP FORWARD WITH BRUSHES

1-4	Step forward on right, step left behind right, step right forward, brush left forward
5-8	Step forward on left, step right behind left, step left forward, brush right forward

S8: PADDLE 1/2 TURN LEFT

1-8 Step right forward, turn 1/8 left, stepping on left, repeat 3 more times for ½ turn

#2 RESTARTS:

On the 4th rotation, after 32 counts, facing the 6 o'clock wall, Restart the dance On the 7th rotation, after 56 counts, facing the 3 o'clock wall, Restart the dance