My Veronica EZ

拍數: 32

級數: Beginner

編舞者: Susanne Oates (UK) - July 2017

音樂: Veronica - Barbados

#16 Count Intro. Start on the word "raised".

Alternative Music: "Do You Wanna Dance" by The Olsen Brothers.

Teachers Note/ Easier: Replace Counts 9-16 with counts 1-8 for a 1 wall dance to teach Rumba Box. Then reinstate the turning box as written when the class is confident with the steps.

Rumba Box With Holds.

- 12 Step left to left side. Step right beside left.
- 34 Step forward on left. Hold.
- 56 Step right to right side. Step left beside right.
- 78 Step back on right. Hold.

1/4 Turn Rumba Box With Holds.

- 9 10 Turn ¼ left step left to left side. Step right beside left.
- 11 12 Step forward on left. Hold.
- Step right to right side. Step left beside right. 13 14
- Step back on right. Hold 15 16

Side, Cross, Side, Kick, Side, Cross, Side, Kick

- 17 18 Step left to left side. Step right over left.
- 19 20 Step left to left side. Kick right diagonally forward right.
- 21 22 Step right to right side. Step left over right.
- 23 24 Step right to right side. Kick left diagonally forward left.

Coaster, Hold, Stomp, Stomp, Twist Heels Right, Twist Heels Centre.

- 25 26 Step back on left. Step right beside left.
- 27 28 Step forward on left. Hold.
- 29 30 Stomp right beside left. Stomp left beside right.
- 31 32 Twist both heels right. Twist both heels centre.

START AGAIN

Last Update - 6th August 2017





牆數:4