

Panama

拍數: 80 牆數: 2 級數: Improver
編舞者: Tina Chen Sue-Huei (TW) & Juilin Chen (TW) - November 2017
音樂: Panama - Matteo



Start On Vocal (16 Counts) SOD: 80-32-80-64-64

****2 Restarts:**

Restart on wall-2 (start 6:00) dance until count 32 and restart the dance facing 12:00

Restart on wall-4 (start 6:00) dance until count 64 and restart the dance facing 9:00

The End on wall-5 (start 9:00) dance until count 64 facing 12:00 ending pose

S1. (Fwd Touch with Hips lifted & dropped): R-L, (Side Shuffle): R-L

1&2 Touch R Toes Fwd as lifting hips up(1), Drop hips down (&) Lift hips up (2)-keeping weight on LF
3&4 Repeat 1&2
5&6 Step RF To Right, Tog Step LF, Step RF To Right
7&8 Step LF To Left, Tog Step RF, Step LF To Left

S2. Stomp Stomp, Hip Bumps, R Side Shuffle, ¼ L Side Shuffle

1-2 Stomp RF To Right Side, Stomp LF To Left Side
3&4 Bump hips To R-L-R
5&6 Step RF To Right, Tog Step LF, Step RF To Right
7&8 ¼ turn L Stepping LF To Left, Tog Step RF, Step LF To Left (9:00)

S3. Side-Tog, Heel Swivels, Fwd, Pivot ½ R, ½R, Tog

1-2 Big Step RF To Right Side, Drag & Tog Step On LF
3&4 Twist Both Heels To Right, Left, Center
5-6 Fwd Step On LF, Pivot ½ R Step On RF (3:00)
7-8 ½ R Back Step On LF(9.00), Tog Step On RF

S4. Side-Tog, Heel Swivel, Fwd, Pivot ¼ L, Step R-L

1-2 Big Step LF To Left Side, Drag & Tog Step On RF
3&4 Twist Both Heels To Right, Left, Center
5-6 Fwd Step On RF, Pivot ¼ L weight onto LF. (6:00)
7-8 Tog Step On RF, Step LF Beside RF

Restart here on wall-2 (start 6:00) dance until count 32 and Restart the dance facing 12:00

S5. Syncopated Side Rock, R Side Rock, Fwd, Pivot ½ L

1-2& Side Rock On RF, Recover On LF, Step Tog On Ball Of RF
3-4& Side Rock On LF, Recover On RF, Step Tog On Ball Of LF
5-6 Side Rock On RF, Recover On LF
7-8 Fwd Step RF, Pivot ½ L Step On LF (12.00)

S6. Repeat S5. Above (Ends Facing 6.00)

S7.(1/8 L Jazz Box) 2X

1-4 Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF
5-8 Fwd Step RF, Cross LF Over RF, 1/8L Back Step On RF, Tog Step LF (3.00)

S8.(Side Rock, Side Shuffle): R-L

1-2 Side Rock On RF, Recover On LF
3&4 Step RF To Right, Tog Step LF, Step RF To Right
5-6 Side Rock On LF, Recover On RF

7&8 Step LF To Left, Tog Step RF, Step LF To Left

****Please refer To Video For Arm Movements**

Restart here on wall-4 (start 6:00) dance until count 64 and restart the dance facing 12:00

S9.Walk, Walk, Fwd, Pivot ½ L, ,Walk Walk, Fwd, Pivot ¼ L

1-4 Walk Fwd On R, L, Fwd Step RF, Pivot ½ turn L weight Onto LF (9.00)

5-8 Walk Fwd On R, L, Step Fwd RF, Pivot ¼ turn L weight Onto LF (6.00)

S10.Out-Out, In-In, Fwd, Pivot ½ L, Back ½ L,Tog

1-4 Diag Step Out On R-L, Back Tog Step On R-L

5-8 Fwd Step On RF, Pivot ½ turn L Weight Onto LF (12.00), ½ turn L Back Step On RF, Tog Step LF. (6:00)

Happy Dancing!

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