

Lacramioara

拍數: 128 牆數: 1 級數: Phrased Intermediate
編舞者: Christie Lim (MY) & Peter Reber (SA) - December 2017
音樂: Lacramioara - Elena : (iTunes or amazon.com)



Start with vocals - Sequence: AB AB B

Part A - 64 counts

A1 [1..8] Walk, Walk, Samba (2x), Cross shuffle

1 2 Step RF fwd, Step LF fwd,
3 & 4 Cross RF over LF, Rock LF to L, Recover to RF
5 & 6 Cross LF over RF, Rock RF to R, Recover to LF
7 & 8 Cross RF over LF, Step LF to L, RF across LF

A2 [9..17] Left, Back rock, Recover, Side, Close, Right, Cross rock, Recover, Side, Close, (Step in place) (2x), Step right

1 Step LF to L
2 & 3 Rock RF back, Recover to LF, Step RF to R
4 5 Close LF to RF, Step RF to R
6 & 7 Rock LF fwd, Recover to RF, Step LF to L
8 & 1 Step RF next LF, Change weight to LF, Step RF to R

A3 [18..24] L Behind, Side, Cross, 1/4 turn L, (Rock, Recover, Close) (2x)

2 & 3 LF behind RF, Step RF to R, Cross LF over RF
4 1/4 turn L swinging RF next to LF (weight on LF) (09:00)
5 & 6 RF fwd, Recover to LF, Step on RF
7 & 8 LF fwd, Recover to RF, Step on LF

A4 [25..32] Half diamond with hitch (optional), Lock Step (2x)

1 & 2 Cross RF over LF, 1/8 turn R RF stepping back hitching LF (optional)
3 & 4 LF step back with 1/8 turn R, 1/4 turn R RF fwd, step LF fwd (03:00)
5 & 6 Step RF fwd, LF behind RF, Step RF fwd
7 & 8 Step LF fwd, RF behind LF, Step LF fwd

A5 [33..40] Step, 1/2 turn L, 1/4 turn slow chasse, Sway (2x), 1/2 turn slow chasse

1 2 Step RF fwd, Pivot 1/2 turn L (09:00)
3 & 4 1/4 turn L LF step to R, Step LF next to RF, RF step to R (06:00)
5 Sway to L
6 Sway to R
7 & 8 1/2 turn R stepping to L, Step RF next to LF, Step LF to L (12:00)

A6 [41..48] (Back rock, Recover, Side) (2x), Modified Sailor, Behind, Side, 1/4 turn R, Step fwd

1 & 2 Rock RF back diagonal, Recover to LF, 1/4 turn L RF stepping R (09:00)
3 & 4 Rock LF back diagonal, Recover to RF, LF step L
5 & 6 RF behind LF, LF step next to RF, Step RF to R
7 & 8 LF behind RF, RF step to R, 1/4 turn R step LF fwd (12:00)

A7 [49..56] Paddle turn L (2x), Roll Hip, Paddle turn L (2x), Roll Hip

1 2 1/4 paddle turn L, 1/4 turn L stepping RF to R (06:00)
3 & 4 Hip to L (in circular motion), Hip to R, Hip to L
5 6 1/4 paddle turn L, 1/4 turn L stepping RF to R (12:00)
7 & 8 Hip to L (in circular motion), Hip to R, Hip to L

A8 [57..64] Back, Close, Point fwd (2x), Point Side (2x), Point R, Drag and hitch

- 1 2 Step RF back, Step LF next to RF
- 3 & Point R toe fwd and a little out, Step RF next to LF,
- 4 & Point L toe fwd and a little out, Step LF next to RF
- 5 & Point RF to R, Together
- 6 & Point LF to L, Together
- 7 8 Point RF to R, Drag RF ending with a Hitch (12:00)

Part B: 64 counts**B1 [1..8] Continuous Cross shuffles, Step, 1/2 Turn, Fwd mambo, Back mambo**

- 1 & 2 & Cross RF over L, Step LF next to RF, Cross RF over L, Step LF next to R
- 3 Cross RF over LF
- 4 Pivot 1/2 turn L (06:00)
- 5 & 6 Rock RF fwd, Recover to LF, Rock RF back
- 7 & 8 Rock LF back, Recover to RF, Step LF fwd

B2 [9..16] 1/4 turn, Anchor step (2x), 1/4 turn R, Walk, Walk, 1/2 turn R, Step fwd

- 1 & 2 1/4 turn R stepping RF back, Step fwd onto LF, Step back on RF (09:00)
- 3 & 4 Sweep LF back and step on LF, Step fwd onto RF, Step onto LF
- 5 6 1/4 turn R step RF fwd, Step LF fwd (12:00)
- 7 8 1/2 turn R stepping RF fwd, Step LF fwd (06:00)

B3 [17..24]

Repeat B1

B4 [25..32]

Repeat B2

B5 [33..40] (Diagonal point/steps with holds) (2x), Diagonal shuffles (2x)

- 1 2 Turn slightly to L diagonal and point RF diagonally across LF, Hold (10:30)
- 3 4 Drop heel of RF turning slightly to R diagonal and point LF diagonally across RF, Hold (01:30)
- 5 & 6 Drop heel LF, cross and step RF diagonally across LF, LF next to RF, Step RF fwd (10:30)
- 7 & 8 cross and step LF diagonally across RF, RF next to LF, Step LF fwd (01:30)

B6 [41..48] Back, Touch LF next to RF, Step fwd, 1/4 turn L, Volta 3/4 turn L

- 1 2 RF big step back, Touch LF next to RF
- 3 4 LF step fwd, 1/4 turn L stepping RF fwd (09:00)
- 5 & 6 & 1/8 turn L, step LF fwd, 1/8 turn L, step RF behind LF, 1/8 turn L, step LF fwd, 1/8 turn L, step RF behind LF
- 7 & 8 1/8 turn L, step LF fwd, 1/8 turn L, step RF behind LF, Step LF fwd (12:00)

B7 [49..56]

Repeat B5

B8 [57..64]

Repeat B6

Contacts: -

chrislimlc33@gmail.com

preber@telkomsa.net with any questions or comments
