Por Favor



拍數: 48 牆數: 2 級數: Easy Intermediate

編舞者: Shane McKeever (N.IRE) - October 2017

音樂: Por Favor - Pitbull & Fifth Harmony



Count-in: 16 Count Intro

[1-8] Dorothy Step Right, Dorothy Step L, Step Forward, Mambo Forward, Behind, Side

1,2& Step RF to R diagonal, Lock Lf behind Rf, Step Rf next to Lf 3,4& Step LF to L diagonal, Lock Rf behind Lf, Step Lf next to Rf

5,6&7 Step RF Fwd, Rock Lf Fwd, Recover, Step Lf back

8& Step RF behind Lf, Step Lf to L Side

[9-17] Cross, Scissor Step Left, Scissor Step Right, ¼ Turn Right, ¼ Turn Right, Cross, Side Cha Cha

1,2&3 Cross Rf in front of Lf, Rock Lf to L Side, Recover, Cross Lf in front of Rf

4&5 Rock Rf to R Side, Recover, Cross Rf in front of Lf

6&7 1/2 Turn R stepping Lf Back, 1/4 Turn R stepping Rf to R Side, Cross Lf in front of Rf

Step Rf to R Side, Step Lf next to Rf, Step Rf to R Side

[18-24] Cross Mambo Left, Cross Mambo Right, Point Left Across, Point Left Side, Flick Left

Cross Rock Lf in front of Rf, Recover, Step Lf to L Side
Cross Rock Rf in front of Lf, Recover, Step Rf to R Side

6,7 Point Lf across Rf, Point Lf to L Side

8 Flick Lf up

[25-32] Forward Cha Cha Right Diagonal, Forward Cha Cha Left Diagonal, Rock Forward, Recover, Coaster

Step

Step Lf Fwd on the diagonal (facing 7.30), Step Rf behind Lf, Step LF Fwd Step Rf Fwd on the diagonal (facing 4.30), Step Lf behind Rf, Step RF Fwd

5,6 Rock Lf Fwd, Recover

7&8 Step Lf Back, Step Rf next to Lf, Step Lf Fwd

[33-40] Step Forward with Hip rolls Forward, Back, Forward, Hitch Left Knee with ¼ Turn Right, Step Left to Side with Hip Rolls, Left, Right, Left, ¼ Turn Right with a Hook

1,2,3 Step Rf Fwd rolling hips fwd, recover on to Lf rolling hips back, transfer weight to Rf rolling

hips Fwd

4 Hitch L Knee as you ¼ Turn R

5,6,7 Step Lf to L side rolling hips to L, roll hips to R, roll hips to L Hook Rf in front of L making a ¼ Turn R (facing 12.00)

[41-48] Cross Point x2, Jazz Box 1/2 Turn

1,2	Cross Rf in front of Lf, Point Lf to L side
3,4	Cross Lf in front of Rf, Point Rf to R Side

5,6 Cross Rf in front of Lf, ¼ Turn R stepping Lf Back

7,8 Step Rf to R side, ¼ Turn R Step Lf Fwd

Begin again

^{*}Restart Dance here on walls 2 and 4