

Rio

拍數: 100

牆數: 0

級數: Phrased Improver - Fun Theme
dance



編舞者: Ivonne Verhagen (NL) - March 2018

音樂: Rio - Maywood

Intro 16 counts:

1-8 Make a circle with your right arm

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PART A: 68 counts

A1: [1-8] MAMBO FORWARD, MAMBO BACK, ¼ TURN LEFT, MAMBO RIGHT, MAMBO LEFT

1&2 Rock RF forward, LF weight back on LF, RF step back

3&4 Rock LF back, RF weight on RF, LF step forward

&5&6 ¼ turn left, RF rock side, LF weight back on LF, RF step close to LF

7&8 LF rock side, RF weight back on RF, LF step close to RF

A2: [1-8] PADDLE 1,¾ TURN LEFT, MAMBO FORWARD, MAMBO BACK,

&1&2 ½ turn left, Paddle with RF, ½ turn left, Paddle with RF

&3&4 ½ turn left, Paddle with RF, ¼ turn left, Paddle with RF

5&6 Rock RF forward, LF weight back on LF, RF step back

7&8 Rock LF back, RF weight on RF, LF step forward

A3: [1-8] CROSS SAMBA 2X, PIVOT ½ TURN, SHUFFLE

1&2 RF cross over LF, LF step side, RF step side

3&4 LF cross over RF, RF step side, LF step side

5-6 RF step forward, ½ turn left (weight on LF)

7&8 RF step forward, LF close to RF, RF step forward

A4: [1-8] PIVOT ½ TURN, SHUFFLE, RUNNING MAN

1-2 LF step forward, ½ turn right (weight on RF)

3&4 LF step forward, RF close to LF, LF step forward

5&6 step RF and hitch Lf, Scoot Rf back, step Lf down and hitch RF

&7&8 Scoot L Back, step Rf down, Scoot Rf back and hitch Lf up, step Lf down

A5: [1-8] PIVOT ½ TURN, SHUFFLE, FORWARD & CLOSE 4X

1-2 RF step forward, ½ turn left (weight on LF)

3&4 RF step forward, LF close to RF, RF step forward

5&6&7&8 LF step forward, RF close 4x (both arms slowly up)

A6: [1-8] PIVOT ½ TURN, SHUFFLE, FORWARD & CLOSE 4X

1-2 RF step forward, ½ turn left (weight on LF)

3&4 RF step forward, LF close to RF, RF step forward

5&6&7&8 LF step forward, RF close 4x (both arms pose as "stronger")

A7: [1-8] PIVOT ¼ TURN, SHUFFLE, FORWARD & CLOSE 4X

1-2 RF step forward, ¼ turn left (weight on LF)

3&4 RF step forward, LF close to RF, RF step forward

5&6&7&8 LF step forward, RF close 4x (both arms slowly up)

A8: [1-8] PIVOT ½ TURN, ¼ TURN & SHUFFLE SIDE, STEP, STEP

1-2 RF step forward, ½ turn left (weight on LF)

3&4 ¼ turn left & RF step side, LF close to RF, RF step side

5,6 LF step forward, RF step forward

A9: 1-2 (first time) 1-2-3-4 (2nd and 3rd time) "Ooooooh"

1,2- 3,4 Lf walk forward, Rf walk forward (3-4 raise both hands)

PART B: 32 counts

B1: [1-8] ROCK STEP, COASTER STEP 2X

1,2,3&4 LF rock forward, Rf weight on RF (raise Left hand up and down)
3&4 LF step back, RF close to LF, LF step forward
5,6 LF rock forward, Rf weight on RF (raise Right hand up and down)
7&8 LF step back, RF close to LF, LF step forward

B2: [1-8] PIVOT ½ TURN, SHUFFLE, 2X

1-2 LF step forward, ½ turn right (weight on RF)
3&4 LF step forward, RF close to LF, LF step forward
5-6 RF step forward, ½ turn left (weight on LF)
7&8 RF step forward, LF close to RF, RF step forward

B3: [1-8] ROCK STEP, COASTER STEP, ROCK STEP, HAND MOVEMENT

1,2,3&4 LF rock forward, Rf weight on RF (raise Left hand up and down)
3&4 LF step back, RF close to LF, LF step forward
5,6 LF rock forward, Rf weight on RF (raise Right hand up and down)
7,8& Weight on RF, left hand to the left side, Right hand to the right side,

B4: [1-8] Both hands slowly up

TAG : (first time 8 counts, second time 24 counts)

Feel free what to do in these counts

ENDING (32 counts)

1-8 ¼ turn left & left hand to the left side, Right hand to the right side,
Both hands slowly up and down
1-8 ¼ turn left & left hand to the left side, Right hand to the right side,
Both hands slowly up and down
1-8 ¼ turn left & left hand to the left side, Right hand to the right side,
Both hands slowly up and down
1-8 ¼ turn left & left hand slowly up to the front

ORDER OF DANCE:

PART A -PART B -TAG 8 counts – PART A -PART B - TAG 24 counts PART B - ENDING

Have fun!!

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