

Tania

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Malene Jakobsen (DK) - May 2018
音樂: Tania by Rak Roots, 128 BPM (email me for music)



Intro: 16 counts from the beginning 10 sec. seconds into track, dance begins with weight on L

[1-9] Side, behind, 1/4, step, fwd., 1/4, cross, side, 1/4 diamond, cross

1-2&3 (1) Step R to R, (2) cross L behind R, (&) turn 1/4 R stepping fwd. on R, (3) step fwd. on L 3.00
4&5 (4) Step fwd. on R, (&) step fwd. on L, (5) turn 1/4 R – weight on R 6.00
6&7 (6) Cross L over R, (&) step R to R, (7) turn 1/8 L crossing L slightly behind R 4.30
8&1 (8) Step back on R, (&) turn 1/8 L stepping L to L, (1) cross R over L 3.00

[10-17] Side rock, cross, kick, side, behind, hold, side, cross & heel & cross, ball cross

2&3 (2) Rock L to L, (&) recover onto R, (3) cross L over R 3.00
4&5-6 (4) Kick R diagonally R, (&) step R slightly R, (5) cross L behind R, (6) hold 3.00
&7&8 (&) Step R to R, (7) cross L over R, (&) step R to R, (8) Dig L heel diagonally L 3.00
&1 (&) Step L next to R, (1) cross R over L 3.00

[18-25] Hold, side, 1/4 diamond, cross, side touch side, coaster 1/4

2&3 (2) Hold, (&) step L to L, (3) turn 1/8 R crossing R slightly behind L 4.30
4&5 (4) Step back on L, (&) turn 1/8 R stepping R to R, (5) cross L over R 6.00
6&7 (6) Step R to R, (&) touch L next to R, (7) step L to L 6.00
8&1 (8) Turn 1/4 R stepping back on R, (&) step L next to R, (1) step fwd. on R 9.00

[26-32] Hold, ball step, mambo, coaster cross, side (beginning of a side rock, the recover is on count 1)

2&3 (2) Hold, (&) step L next to R, (3) step fwd. on R 9.00
4&5 (4) Rock fwd. on L, (&) recover onto R, (5) step slightly back on L 9.00
6&7 (6) Step back on R, (&) step L next to R, (7) cross R over L 9.00
8 (8) Rock L to L 9.00

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