

Honey Bachata (蜜糖巴恰塔) (zh)

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 2 級數: Improver
編舞者: Nina Chen (TW) - 2018年05月
音樂: Como Miel (Bachate Donna) - Achevere : (Album: L'Italia che balla Vol.5)



Intro: 36 counts

Sec1: SIDE ROCK - RECOVER - CROSS - POINT, ROCK BEHIND - RECOVER - 1/4 L FWD - TOUCH

1-4 Rock RF to R - Recover on LF - Cross RF over LF - Point L toe to L
5-8 Rock LF behind RF - Recover on RF - 1/4 turn L (9:00) step LF fwd - Touch RF slightly opened to side bump hip
1-4 右足右下沉 - 重心回左足 - 右足前跨 - 左足尖左側點
5-8 左足後跨下沉 - 重心回右足 - 左轉1/4 (9:00) 左足前踏 - 右足稍微在旁側點推臀

Sec2: (R&L) ROLLING VINE

1-4 1/4 turn R (12:00) step RF fwd - 1/2 turn R (6:00) step LF back - 1/4 turn R (9:00) step RF to R - Touch LF slightly opened to side bump hip
5-8 1/4 turn L (6:00) step LF fwd - 1/2 turn L (12:00) step RF back - 1/4 turn L (9:00) step LF to L - Touch RF slightly opened to side bump hip
1-4 右轉1/4 (12:00) 右足前踏 - 右轉1/2 (6:00) 左足後踏 - 右轉1/4 (9:00) 右足右踏 - 左足稍微在旁側點推臀
5-8 左轉1/4 (6:00) 左足前踏 - 左轉1/2 (12:00) 右足後踏 - 左轉1/4 (9:00) 左足左踏 - 右足稍微在旁側點推臀

Sec3: FWD - FWD - FWD - TOUCH, BACK - BACK - 1/4 L SIDE - TOUCH

1-4 Step RF fwd - Step LF fwd - Step RF fwd - Touch LF slightly fwd bump hip
5-8 Step LF back - Step RF back - 1/4 turn L (6:00) step LF to L - Touch RF slightly opened to side bump hip
1-4 右足前踏 - 左足前踏 - 右足前踏 - 左足稍微前點推臀
5-8 左足後踏 - 右足後踏 - 左轉1/4 (6:00) 左足左踏 - 右足稍微在旁側點推臀

Sec4: ROCK BACK - RECOVER - SIDE - TOUCH, SWAY - TOUCH

1-4 Rock RF back - Recover on LF - Step RF to R - Touch LF slightly opened to side bump hip
5-8 Step LF to L while sway hip Sway (L R L) - Touch RF slightly opened to side bump hip
1-4 右足後下沉 - 重心回左足 - 右足右踏 - 左足稍微在旁側點推臀
5-8 左足左踏同時搖臀 (左 右 左) - 右足稍微在旁側點推臀

Tag : After wall 5 (6:00) Add 4 counts Tag

SWAY (ROLLING BODY)

1-4 Step RF to R while sway hip (R L R L) or (Rolling body 4 counts)
1-4 右足右踏同時搖臀 (右 左 右 左) 或 (可自選搖滾姿體等性感動作4拍)

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com