

Ponte A Cantar

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - October 2018
音樂: Ponte a cantar - Belle Perez



Intro : Start after 16 Counts with the intro then the maindance

Intro dance : 32 counts

[1 – 16] Rocking Chair, Step fwd, ½ Turn L, Step fwd, ½ Turn L, Jazz Box ¼ R, Monterey 1/4 R

1 – 4 Rock R fwd, Recover on L , Rock R back, Recover on L
5 – 8 Step R fwd, Pivot ½ Turn L, Step R fwd, Pivot ½ Turn L
9 – 12 Step R across L, ¼ Turn R step L back, Step R to R side, Step L fwd (03.00)
13-16 Touch R to R side, ¼ Turn R step Next to R. Touch L to L side. Step L next to R

[17-32] Rocking Chair, Step fwd, ½ Turn L, Step fwd, ½ Turn L, Jazz Box ¼ R, Monterey 14 R with touch

1 – 4 Rock R fwd, Recover on L , Rock R back, Recover on L
5 – 8 Step R fwd, Pivot ½ Turn L, Step R fwd, Pivot ½ Turn L
9 – 12 Step R across L, ¼ Turn R step L back, Step R to R side, Step L fwd (09.00)
13-16 Touch R to R side, ¼ Turn R step Next to R. Touch L to L side. Touch L next to R

Main Dance: 32 counts

[1 – 9] Step fwd, Rock Step, Side Shuffle ¼ R, Step fwd, ¾ R, Side Shuffle L

1 – 3 Step L to L diag fwd. Cross Rock R over L, Recover on L
4 & 5 Step R to R side, step L next to R, ¼ Turn R step R fwd (03.00)
6 – 7 Step L fwd . Pivot ¾ Turn R
8 & 1 Step L to L side, Step R next to L, Step L to L side (12.00)

[10-16] Behind, ¼ Turn L step fwd, Lock Step fwd, Rock step , Recover, Behind , ¼ Turn R

2 – 3 Step R behind L, ¼ Turn L step L fwd
4 & 5 Step R fwd, Lock L behind R, Step R fwd (09.00)
6 - 7 Rock L fwd, Recover on R
8 & Step L behind R, ¼ Turn R step R to R side ***R***

[17—24] Step , Lock step , Step, Lock , Step, Step Fwd, Pivot ½ L, Shuffle ½ Turn L

1 – 2 Step L fwd Lock R behind L
3 & 4 Step L fwd, Lock R behind L, Step L fwd
5 - 6 Step R fwd, Pivot ½ Turn L (06.00)
7 & 8 ¼ Turn L step R to R side, Step L next to R, ¼ Turn R back (12.00)

[25-32] Walks Back, Sailor ¼ Turn L, Walks fwd ½ Turn R

1 – 2 Walk back L, R
3 & 4 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd
5-6-7&8 Walk around the tree ¾ Turn R with R,L,R,L,R (06.00)

Restart During wall 4 and 9 after count 16 then start again with count 1 (will be the next wall)

Website : www.franciensittrop.nl