

La Resaca (aka The Hangover)

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
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音樂: La Resaca - Alex Duvall : (Album: Latin Hits 2018 - iTunes)



Introduction: 32 counts, start on approx. 19 sec.

Sequence: A, B, A, A 16, Restart, A, B, A, A, B, A, A, A.

PART A: 32 counts.

A[1-8] Walk Fwd R, L, Mambo Side R with ¼ Turn R, ½ Unwind R Across, & Cross L, Side.

1,2 Walk R fwd (1), Walk L Fwd (2).
3&4 Mambo R fwd (3), Recover back Into L (&), Make ¼ turn R (3.00) step R to R (4).
5,6 Step L across R (5), Unwind ½ R (9.00) weight onto L (6).
&7,8 Step R beside L (&), Step L across R (7), Step R to R (8).

A[9-16] ¾ Volta Turn L, Full Volta Turn R with Touch R.

1&2& Step L forward (1), Small Step R to R (&), Step L across R (2), Small Step R to R (&).
3&4 Step L across R (3), Small Step R to R (&), Step L across R squaring up at (12:00) weight onto L (4).
5&6& (Full) Step R forward (5), Small Step L to L (&), Step R across L (6), Small Step L to L (&).
7&8 Step R across L (7), Step L slightly fwd (&), Touch R beside L squaring up at (12:00) weight onto R (8).

(NB: Restart here in WALL 4 after 16 counts, after start again).

A[17-24] Step R Fwd with 1/8 Turn R, Samba Diamond Making A Full Turn Left.

1 Make 1/8 turn R (1.30) step R fwd (1).
2&3 Step L across R (2), Make 1/8 turn L step R to R (&), Make 1/8 turn L (10.30) step L back (3).
4&5 Step R back (4), Make 1/8 turn L (9.00) step L to L (&), Make 1/8 turn L (7.30) step R fwd (5).
6&7 Step L across R (6), Make 1/8 turn L step R to R (&), Make 1/8 turn L (4.30) step L back (7).
&8 Step R back (&), Make 3/8 turn L (12.00) step L slightly to L (8).

A[25-32] Fwd & Side Mambo R, Coaster Step R, Fwd & Side Point L, ½ Sailor Turn L.

1&2& Mambo R fwd (1), Recover back onto L (&), Mambo R to L (2), Recover back onto L (&).
3&4 Step R back (3), Step L beside R (&), Step R fwd (4).
5,6 Point L fwd (5), Point L out to L (6).
7&8 Step L behind R (7), Make ½ L (6.00) step R to R (&), Step L to L (8).

PART B: 16 counts.

B[1-8] Syncopated Jazz Box R Across, Back & Side, Syncopated Rocking Chair R, Runs Fwd L, R.

1,2&3 Step R across L (1), Step L back (2), Step R to R (&), Step L across R (3).
4& Step R back (4), Step L to L (&).
5&6&7 Rock R fwd (5), Recover back onto L (&), Rock R back (6), Recover back onto L (&), Step R fwd (7).
8& Stepping L fwd (8), Stepping R fwd (&).

B[9-16] Mambo Step Fwd L, Coaster Step R, Side, Hold, Shimmy Shoulders, Heel Flick R.

1&2 Mambo L fwd (1), Recover back onto R (&), Step L back (2).
3&4 Step R back (3), Step L beside R (&), Step R fwd (4).
5,6 Step L out to L (5), HOLD (6).
7 Shimmy shoulders long (7).
8 Heel Flick R (8).

REPEAT THIS DANCE AND HAVE FUN!!
