

Kau

拍數: 48 牆數: 1 級數: Phrased Improver
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音樂: Kau - T-Five



Tag 8 Count

Sequence: A,A,B,B,Tag A,A,B,B,B (8 Count) A,B,B,B

Part A (32 Count)

A1. BASIC SALSA/MAMBO (FORWARD & BACK) (RIGHT & LEFT)

1&2 Rock R forward - Recover on L - Step R slightly back (12.00)
3&4 Rock L back - Recover on R - Step L slightly forward
5&6 Rock R to side - Recover on L - Step together (12.00)
7&8 Rock L side - Recover on L - Step L together

A2. CUMBIA R/L, TOUCH WITH HIPS BUMPS

1&2 Rock R behind L - Recover on L - Step R to side (12.00)
3&4 Rock L behind R - Recover on R - Step L to side
5&6&
&7&8 Touch R to side - Push R hip up - L hip left - R hip right down
L hip left - R hip right up - L hip left - R hip right up

A3. SAILOR STEP, SAILOR TURN 1/4 LEFT, DIAGONAL TOUCH, TOGETHER

1&2 Cross R behind - Step L to side - Step R to side
3&4 Cross L behind R Turn 1/4 left - Step R to side - Step L forward
5-6 Touch R diagonal forward and bump hips - Step R together
7-8 Touch L diagonal forward and bump hips - Step L together

A4. V STEP, SYNCOPATED LOCK STEP, FORWARD

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
5&6&
7&8& Step R diagonal forward - Lock step L behind R - Step R diagonal forward - Step L diagonal forward
Lock step R behind L - Step L diagonal forward - Step R forward - Step L forward

Part B (16 Count)

B1. KICK BALL TOUCH, COASTER STEP - LOCK SHUFFLE

1&2 Kick R forward - Step R together - Touch L to side
3&4 Kick L forward - Step L together - Touch R to side
5&6 Step R back - Step L together - Step R forward
7&8 Step L forward - Lock R behind L - Step L forward

B2. SIDE ROCK, RECOVER, BEHIND, RECOVER, SIDE ROCK, RECOVER, CROSS OVER, SIDE CHASSE TURN 1/4 LEFT, SIDE MAMBO WITH TOUCH

1&2& Rock R to side - Recover on L - Cross R behind L - Recover on L
3&4 Rock R to side - Recover on L - Cross R over L
5&6 Step L to side - Step R together - Turn 1/4 left step L forward
7&8 Rock R to side - Recover on L - touch R together

TAG 8 COUNT (12.00)

V STEP, PIVOT 1/2 TURN LEFT (2X)

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together L beside L
5-8 Step R forward - turn 1/2 left - Step R forward - turn 1/2 left

