

Lima

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - January 2019
音樂: One More Won't Hurt - Randall King



Abbreviations:-

R= Right L= Left RF = right foot

LF = left foot - fwd = forward

[1-8] SLOW COASTER STEP R (fwd), SLOW COASTER STEP L (back)

1 - 2 Step RF forward, Step LF next to RF
3 - 4 Step RF back, Hold
5 - 6 Step LF back, Step RF next to LF
7 - 8 Step LF forward, Hold

[9-16] RUMBA BOX R (ending with Hook)

1 - 2 Step RF to right, Step LF next to RF
3 - 4 Step RF forward, Hold
5 - 6 Step LF to left, Step RF next to LF
7 - 8 Step LF back, Hook RF forward (*Here, there is restart in 4th wall looking 12 h)

[17-24] ROCKING CHAIR (right), ROCK STEP R (fwd), ½ TURN R, HOLD

1 - 2 Rock RF forward, Recover weight on to the left
3 - 4 Rock RF back, Recover weight on to the left
5 - 6 Rock RF forward, Recover weight on to the left
7 - 8 ½ turn to right step RF forward, Hold (6h)

[25-32] SLOW SHUFFLE ½ TURN R, HOLD, ROCK STEP R (jumping back), STOMP UP R, HOLD

1 - 2 ¼ turn to right step LF to left, ¼ turn to right Step RF forward (12h)
5 - 4 Step LF next to RF, Hold
5 - 6 Rock RF back, Recover weight on to the left (jumping)
7 - 8 Stomp Up RF next to LF, Hold (*Here, there is restart in 8th wall looking 12 h)

[33-40] HOOK COMBINATION R, TOE, HEEL, HEEL, TOE

1 - 2 Kick RF forward, Hook RF forward
3 - 4 Kick RF forward, Step RF next to LF (without weight)
5 - 6 Move right toe to right, Move right heel to right
7 - 8 Move right heel to left, Move right toe to centre

[41-48] HOOK COMBINATION R, SWIWET R, SWIWET ½ L, HOLD

1 - 2 Kick RF forward, Hook RF forward
3 - 4 Kick RF forward, Step RF next to LF
5 - 6 Turn toes to right (weight in right heel and left toe), Return toes to centre
7 - 8 ½ turn to left doing swiwet to left (weight in left heel and right toe), Hold (6h)

(*Here, there is restart in 2th and 6th wall looking 3h)

[49-56] WAVE R, SLOW SCISSOR R

1 - 2 Step RF to right, Cross LF behind RF
3 - 4 Step RF to right, Cross LF over RF
5 - 6 Rock RF to right, Step LF next to RF
7 - 8 Cross RF over LF, Hold

[57-64] WAVE L, ROCK STEP L with ¼ R, STEP, HOLD

1 – 2 Step LF to left, Cross RF behind LF
3 – 4 Step LF to left, Cross RF over LF
5 – 6 Rock LF to left, Recover weight on to right with ¼ turn to right (9h)
7 – 8 Step LF forward, Hold

REPEAT

RESTARTS:-

In the 2th wall we dance until count 48 (looking 3h)

In the 4th wall we dance until count 16 (looking 12h)

In the 6th wall we dance until count 48 (looking 3h)

In the 8th wall we dance until count 32 (looking 12h)

END OF THE DANCE:

In the 11th wall we dance until count 48 and we add STOMP with RF forward (looking 12h)

E-mail: ibaezmonroy@yahoo.es - tel: (0034) 646 34 88 48

facebook: Gabi Ibañez Molto i Paqui Monroy

youtube : Gabi Ibañez
