Caminando Por La Vida

拍數: 32

級數: Improver

編舞者: Colin Ghys (BEL) - August 2019

音樂: Caminando por la Vida - Yano

Info: Start the dance after 24 seconds, on the first beat of guitar	
S.1 Step Right, Rock Back, Recover, Step ¼ L, Chase Turn L, Full Turn, Mambo Kick L	
1-2&3	RF. Step to right side - LF. Cross behind RF - RF. Recover weight - LF. ¼ left step fwd (9:00)
4&5	RF. Step fwd – LF & RF. $\frac{1}{2}$ turn L – RF. Step fwd (3:00)
6-7	LF. ½ turn R step back - RF. ½ turn R step fwd (3:00)
8&1	LF. Rock fwd - RF. Recover weight – LF. Low kick fwd
S.2 Step, Touch, Step Kick, Step Touch, Rumba Box, (Restarts*)	
&2	LF. Step back – RF. Touch Fwd RF (with knee creased)
&3	RF. Step back – LF. Low kick fwd
&4	LF. Step back – RF. Touch Fwd RF (with knee creased)
5&6	RF. Step to right - LF. Close beside RF – RF. Step fwd
7&8	LF. Step to left - RF. Close beside LF - LF. Step back
RESTART here wall 3 (9:00) and wall 8 (12:00)	
S.3 Chasse Right, ¼ Chasse Left, ¼ Modified Jazz-box R with Shimmies	
1&2	RF. Step to R - LF. Close beside RF – RF. Step to R
3&4	LF. ¼ turn L Step to L - RF. Close beside LF - LF. Step to L (12:00)
5-8	RF. Cross over LF - LF. ¼ Turn R step back (3:00) - RF. Step to R - LF. Step Fwd
S.4 Mambo Step, Mambo Step, Touch Back, ½ Turn Unwind R. Big Step Fwd. Touch	
1&2	RF. Rock fwd - LF. Recover, RF. Step back
3&4	LF. Rock back - RF. Recover, LF. Step fwd
5-6	RF. Touch back – ½ Turn R unwind (take weight on R)
7-8	LF. Make a big step fwd - RF. Touch beside LF
Restarts*: Wall 3 after 16 counts at 9 o'clock	
Wall 8 after 16 counts at 12 o'clock	
Ending of the dance: Wall 12, after 16 counts, facing 6 o'clock point RF back and make ½ to R to finish at 12 o'clock	
Start Again and enjoy this dance ;-)	

More informations? super-colin@hotmail.com



牆數:4