

Una Noche

拍數: 32 牆數: 4 級數: Beginner
編舞者: Om Pardi (INA) - September 2019
音樂: Una Noche - Souf



Intro: 32 Count

S1: FORWARD MAMBO, LEFT BACK COASTER STEP, BOTAFOGOS

1&2 Rock R forward, Recover on L, Step R back
3&4 Step L back, Step R next to L, Step L forward
5&6 Cross R over L, Step L to side, Step R in place
7&8 Cross L over R, Step R to side, Step L in place

S2: CROSS OVER, BACK DIAGONAL, BACK DIAGONAL, BACK DIAGONAL, SIDE, FORWARD, SIDE MAMBO (RIGHT, LEFT)

1&2 Cros R over L, Step L back diagonal, Step R back diagonal (1.30)
3&4 Step L back diagonal, Step R to side, Step L forward (03.00)
5&6 Rock R to side, Recover on L, Step R next to L
7&8 Rock L to side, Recover on R, Step L next to R

S3: PIVOT ½ TURN LEFT, FORWARD LOCK SHUFFLE, WALK, WALK, FORWARD LOCK SHUFFLE

1-2 Step R forward, Pivot ½ turn L
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Walk forward L, R
7&8 Step L forward, Lock R behind L, Step L forward

S4: PIVOT ½ TURN LEFT, FORWARD LOCK SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1-2 Step R forward, Pivot ½ turn L
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Rock L to side, Recover on R
7&8 Cross L over R, Step R to side, Cross L over R

Begin again. Have Fun !

For more information about this dance please contact me at: gieprod@yahoo.com
Last Update - 16 Oct. 2019