

La Gota Fria

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) - December 2019
音樂: La Gota Fria - Carlos Vives



Info: Intro 26 counts (start on vocals)

Heel Grind R, Out, Out, Heel Grind L, Out, Out, Cross Over, Step L x 2, Side Rock, Recover

1&2 RF. Step on heel move toe from left to right - LF. Small step back out - RF. Small step back out
3&4 LF. Step on heel move toe from right to left - RF. Small step back out - LF. Small step back out
5&6& RF. Cross over LF - LF. Step to L - RF. Cross over LF - LF. Step to L
7&8 RF. Cross over LF - LF. Side rock - RF. Recover (12.00)

Cross Over, Step R x 2, Side Rock, Cross Rock, Recover, Cross Over, Rock step Fwd, Recover, ½ step R step Fwd, ½ Change Turn R

1&2& LF. Cross over RF - RF. Step to R - LF. Cross over RF - RF. Step to R
3&4 LF. Cross LF over RF - RF. Side rock - LF. Recover
5&6 RF. Rock fwd - LF. Recover - RF. ½ right step fwd
7&8 LF. Step fwd - RF. ½ turn R step fwd - LF. Step fwd

Mambo Step Back, Coaster Step L, Vaudeville R, Step R, Vaudeville L

1&2 RF. Rock step fwd - LF. Recover - RF. Step back
3&4 LF. Left step back - RF. Close beside LF - LF. Step fwd
5&6& RF. Cross over LF - LF. Small step back - RF. Touch Heel diagonal fwd - RF. Step on place
7&8& LF. Cross over LF - RF. Small step back - LF. Touch Heel diagonal fwd - LF. Step on place

Rock step Fwd, Recover, ½ step R step Fwd, Shuffle ½ Turn right x 2, ¼ Cross Samba L

1&2 RF. Rock fwd - LF. Recover - RF. ½ right step fwd
3&4 LF. ¼ R step to L - RF. Close beside LF - LF. ¼ R Step fwd
5&6 LRF. ¼ R step to R - LF. Close beside RF - RF. ¼ R Step fwd
7&8 LF. Cross over RF - RF. ¼ L step back - LF. Step L side

Cross Samba, ¼ Cross Samba L, ¼ Turn step L, Step Together, ¼ Turn L step Fwd, ¼ Turn step R, Step Together, ¼ Turn R step Fwd,

1&2 RF. Cross over LF - LF. Step left side - RF. Step right side
3&4 LF. Cross over RF - RF. ¼ L step back - LF. Step L side
5&6 RF. ¼ L step to R - LF. Close beside RF - RF. ¼ R Step fwd
7&8 LF. ¼ R step to L - RF. Close beside LF - LF. ¼ L Step fwd *** (Restart Here)

Cross Rock Fwd, Side Rock, Rock Behind, Point Right, ½ Sailor step R, ¾ Triple Step L Sweep

1&2& RF. Rock over LF - LF. Recover - RF. Rock step R, Recover
3&4 RF. Rock behind LF - LF. Recover - RF. Point to R
5&6 RF. Cross behind LF - LF. ¼ R step left side - RF. ¼ R Step fwd
7&8 ¾ Triple Left L-R-L & sweep RF from back to front (9.00)

Cross Over, Step Left, Cross Behind & Sweep, Cross Behind, Step to right, Cross Over & Sweep, Cross Shuffle, Chasse Left.

1&2 RF. Cross over LF - LF. Step to left - RF. Cross behind LF & sweep from front to back
3&4 LF. Cross behind RF - RF. Step To right side - RF. Cross over LF & sweep L from back to front
5&6 RF. Cross over LF - LF. Step left side - RF. Cross over LF

7&8 LF. Step side - RF. Step together - LF. Step side

Sailor Step , ¼ Sailor Step Left, Mambo fwd, Mambo Back

1&2 RF. Cross behind LF - LF. Step to L – RF. Step to R

3&4 LF. Cross behind RF – RF. ¼ Left step back – LF. Step Left

5&6 RF. Step Fwd – LF. Recover – RF. Step back

7&8 LF. Step back – RF. Recover – LF. Step fwd

Start Again

Tag: After the 2nd wall (12:00)

Heel Grind R, Out, Out, Heel Grind L, Out, Out

1&2 RF. Step on heel move toe from left to right - LF. Small step back out - RF. Small step back out

3&4 LF. Step on heel move toe from right to left - RF. Small step back out - LF. Small step back out

Restart: In the 4th wall after count 40, count 8 of the 5th block (6:00)
