

Hola

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rob Fowler (ES) - March 2020
音樂: Hola (feat. Maluma) - Flo Rida



Intro: 16 counts (approx. 7s)

S1: Right Mambo Forward, Left Mambo Back, Side Rock Together Right, Side Rock Together Left

1&2 Rock forward on right, recover on left, step right together
3&4 Rock back on left, recover on right, step left together
5&6 Rock right to right side, recover on left, step right together
7&8 Rock left to left side, recover on right, step left together(12 o'clock)

S2: Step Right Side, Together, Chasse Right, Cross Rock, Recover, Chasse Left

1-2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross rock left over right, recover back on right
7&8 Step left to left side, step right next to left, step left to left side(12 o'clock)

S3: Right Cross, Side, Right Cross Shuffle, Side Rock ¼ Turn Right, Left Shuffle

1-2 Cross right over left, step left to left side
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, make ¼ turn right recovering weight on right
7&8 Step forward on left, step right next to left, step forward on left(3 o'clock)

S4: Touch Right, Hold, Touch Left, Hold, Touch Right, Left, Right, Clap Hands x2

1-2 Touch right toe next to left foot (bending right knee), hold
&3-4 Step right next to left, touch left toe next to right foot (bending left knee), hold
&5 Step left next to right, touch right toe next to left foot (bending right knee)
&6 Step right next to left, touch left toe next to right foot (bending left knee)
&7 Step left next to right, touch right toe next to left foot (bending right knee)
&8 Clap hands twice(3 o'clock)

Start Over
