

Cantare

拍數: 32 牆數: 4 級數: Improver
編舞者: Jean-Pierre Madge (CH) - March 2020
音樂: Cantaré (feat. Lenier) - Pitbull



Mambo Forward, Mambo Back Hitch, Mambo Side, Mambo Side Hitch.

1&2 Mambo R fwd (1), Recover L (&), Step R next L (2)
3&4 Mambo L back (3), Recover R (&), Hitch L knee (4)
5&6 Mambo L to L (5), Recover R (&), Left next to R (6)
7&8 Mambo R to R (7), Recover L (&) Hitch R knee (8).

Cross Side Rock, Cross Side Rock, ¼ L Touch, ¼ L Touch ¼ L Touch ¼ L Flick.

1&2 Cross R over L (1), Rock L to L (&), Recover R (2)
3&4 Cross L over R (3), Rock R to R (&), Recover L (4),
5-6 ¼ L Touch R to R (5), ¼ L Touch R to R (6),
7-8 ¼ L Touch R to R (6), ¼ L Flick R out (8).

Restart Wall 2 & 5 here

Cross, ¼ R , Chassé R, Touch and Touch and Touch and Touch

1-2 Cross R over L (1), ¼ R Step L back (2),
3&4 Step R to R (3), Step L next R (&), Step R to R (4),
5&6& Touch L forward(5), Step L slightly behind R(&), Touch R forward (6), Step R slightly behind L (&)
7&8 Touch L forward(7), Step L slightly behind R(&), Touch R forward (8).

Out-Out with Maracas, Side Together Forward, Side Together Forward.

1-2 As you step R out, shake the maracas to the top R with your hands (1) Step L out, shake the maracas to the top L (2)
3-4 As you step R out, shake the maracas to the bottom R with your hands (3) Step L out, shake the maracas to the bottom L (4)
5&6 Step R to R (5), Step L Next R (&), Step R forward (6),
7&8 Step L to L (7), Step R next L (&), Step L forward (8).

You did a great job ! Smile and Start again !
