

Guapa Loca

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 1 級數: Beginner
編舞者: Wiesye Baraoh (INA) - April 2020
音樂: Guapa Loca by Orcheatra Spettacolo Valentina Urbini presentano (A. Cottini-D. Ferri, V. Urbini)



Session 1 : MAMBO CROSS BACK (2x), MAMBO FORWARD, COASTER STEP

1 & 2 Step R cross back L, Recover on L, Step R to R side
3 & 4 Step L cross back R, recover on R, Step L to L side
5 & 6 Step R forward, Recover on L, Step R close together L
7 & 8 Step back on L, Step R close together L, Step L forward

Session 2 : SAMBA CROSS (2x), VOLTA ¼ turn Right

1 & 2 Step R cross over L, Step L to L side, Recover on R
3 & 4 Step L cross over R, Step R to R side, recover on L
5&6&7&8 ¼ Turn right – Step R forward, Step L cross behind R, ¼ Turn right – Step R forward, Step L cross behind R, ¼ turn right – Step R forward, Step L cross behind R, Step R forward

Session 3 : SAMBA CROSS (2x), VOLTA ½ Turn Left

1 & 2 Step L cross over R, Step R to R side, Recover on L
3 & 4 Step R cross over L, Step L to L side, Recover on R
5&6&7&8 Step L forward, Step R cross behind L, ¼ turn left – Step L forward, Step R cross behind L, ¼ turn left – Step L forward, Step R cross behind L, Step L forward

Session 4 : DIAMOND ¾ TURN RIGHT

1 & 2 Step R cross over L, 1/8 turn Right - Step back on L, Step R to R side with hitch L
3 & 4 Step back on L, 1/8 turn Right- Step R to R side, Step L forward
5 & 6 Step R cross over L, ¼ turn R- Step back on L, Step R to R side with hitch L
7 & 8 Step back on L, ¼ turn R- Step R to R side, Step L forward

TAG: AFTER 1 Round – 16 Count

SESSION 1 : FORWARD MAMBO, BACK MAMBO, SIDE MAMBO (2X)

1 & 2 Step R forward, Recover on L, Step R close together L
3 & 4 Step back on L, Recover on R, Step L close together R
5 & 6 Step R to R side, Recover on L, Step R close together L
7 & 8 Step L to L side, Recover on R, Step L close together R

SESSION 2 : FORWARD MAMBO, BACK MAMBO, FORWARD, ½ turn Left-FORWARD, FORWARD, ½ turn Right-FORWARD

1 & 2 Step R forward, Recover on L, Step R close together L
3 & 4 Step back on L, Recover on R, Step L close together R
5 & 6 Step R forward, ½ turn left-Recover on L, Step R forward
7 & 8 Step L forward, ½ turn Right-Recover on R, Step L forward

RESTART – if You have done 5 rounds then after count 16 change step and RESTART

Have fun

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