

El Pelo

拍數: 64 牆數: 0 級數: Phrased Improver
編舞者: Aprillia Munarwati (INA) - June 2020
音樂: Suéltate El Pelo - TINI



Sequences: ABBC ABBC C

PART A: 32 counts

SESSION A1: LOCK STEP DIAGONAL FORWARD-STEP BACK DIAGONAL TOUCH RLRL

1&2& Step R diagonal forward- lock L behind R- step R diagonal forward- touch L beside R
3&4& Step L diagonal forward- lock R behind L- step L diagonal forward- touch R beside L
5&6&7&8& Step R diagonal back – touch L beside R - Step L diag back- touch R beside L - Step R diag back- touch L beside R- step L diag back- touch R beside L

SESSION A2: TOUCH OUT- TOUCH IN 2x -SLIDE- TOUCH (R&L)

1&2& touch R to side- touch R beside L, Touch R to side- touch R beside L
3-4 Slide R to side, touch L beside R
5&6& Touch L to side- touch L beside R, Touch L to side- touch L beside
7-8 Slide L to side- touch R beside L

SESSION A3: BACK LOCK DIAGONAL- DIAGONAL FORWARD- TOUCH

1&2&3&4& Step R diag back-lock L over R-step R back-touch L beside-step L diag back- lock R over L-
step L diag back , touch R beside
5&6&7&8& Step diag forward,touch R L R L

**SESSION A4: SAME STEP WITH SESSION A2
TOUCH OUT TOUCH IN 2X SLIDE TOUCH (R& L)**

PART B: 16 C x 2

SESSION B1: MAMBO STEP- PIVOT, HALF TURN , MAMBO BACK

1&2-3&4 Rock R forward- recover on L-step R together -rock L back- recover on R- step L forward
5&6 step R forward (5)- turn ½ L, step L in place(&)- turn ½ L(&), step R back (6)
7&8 step L back(7)- step R together(&)- step L close (8)

SESSION B2: CHASSE- HEEL TOUCH FORWARD R -L - CROSS BACK MAMBO

1&2& step R to side- step L together- step R to side – touch L heel over R
3&4& Step L to side- step R together- step L to side- touch R heel over L
5&6-7&8 Rock R behind L- recover on L- step R close-Rock L behind R- recover on R-step L close

PART C: 16 COUNT

SESSION C1: PADDLE TURN – BACK MAMBO

1&2&3&4 Tap Rf forward turning 1/6 L , recover onto L- Tap Rf forward turning 1/6 L, recover onto L,
Tap Rf forward turning 1/6 L, recover onto L, touch R beside L
5&6-7&8 step R back with angling body to R(5) – recover on L (&)- step R close (6) Step L backward
with angling body to L (7)- recover on R (&) - step L close (8)

SESSION C2: PADDLE TURN- TOUCH IN PLACE R-L-R-L

1&2&3&4 Tap Rf forward turning 1/6 L ,recover weight onto L- Tap Rf forward turning 1/6 L, recover
weight onto L, Tap Rf forward turning 1/6 L, recover weight onto L -touch R beside L
5&6&7&8& Touch R forward-step R close-touch L forward- step L close- Step R forward – step R close-
step L forward- step L close

Enjoy the dance and keep healthy,

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