

Y Le Dije No

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
編舞者: Lalita Atikandhari (INA) & S. Sos (INA) - August 2020
音樂: Y Le Dije No (feat. Sergio George) - Yahaira Plasencia



Intro : 64 counts starting dance on salsa beat. No Tag No Restart

Sec 1 : Back Rock , Close, Hold, Toe Heel Struts LR in place with Hip Bump

1-2 (1) Step R backward (2) Step L in place
3-4 (3) Close R together (4) Hold
5-6 (5) Touch L toe with Bump hip to L (6) Drop L heel in place
7-8 (7) Touch R toe with Bump hip to R (8) Drop R heel in place

Sec 2 : Forward Rock, Close, Hold, Toe Heel Struts RL in place with Hip Bump

1-2 (1) Step L forward (2) Step R in place
3-4 (3) Close L together (4) Hold
5-6 (5) Touch R toe with Bump hip to R (6) Drop R heel in place
7-8 (7) Touch L toe with Bump hip to L (8) Drop L heel in place

Sec 3 : Forward Touch, Side Touch, Forward Step, Hold, Forward Touch, Side Touch, Forward Step, Hold

1-2 (1) Touch R forward (2) Touch R to side
3-4 (3) Step R forward (4) Hold
5-6 (5) Touch L forward (6) Touch L to side
7-8 (7) Step L forward (8) Hold

Sec 4 : Side Rock, Close, Hold, Side Rock, Close, Hold.

1-2 (1) Step R to side (2) Step L in place
3-4 (3) Close R together (4) Hold
5-6 (5) Step L to side (6) Step R in place
7-8 (7) Close L together (8) Hold

Sec 5 : Cross Rock, Side Rock, Cross Rock, Side Step, Hold

1-2 (1) Cross R over L (2) Recover on L
3-4 (3) Rock R to side (4) Recover on L
5-6 (5) Cross R over L (6) Recover on L
7-8 (7) Step R to side (8) Hold

Sec 6 : Cross Behind, Recover, Close, Hold, Cross Behind, Recover, Close, Hold

1-2 (1) Cross L behind R (2) Step R in place
3-4 (3) Step L to side (4) Hold
5-6 (5) Cross R behind L (6) Step L in place
7-8 (7) Step R to side (8) Hold

Sec 7 : Paddle Turn ¼ to right 3x with Hip Roll, Side Step ¼ to right

1-2 (1) Touch L toe to side with turn ¼ to right with hip roll (2) Step R in place (3:00)
3-4 (3) Touch L toe to side with turn ¼ to right with hip roll (4) Step R in place (6:00)
5-6 (5) Touch L toe to side with turn ¼ to right with hip roll (6) Step R in place (9:00)
7-8 (7) Step L to side with turn ¼ to right (8) Hold (12:00)

Sec 8 : Toe Heel Struts 4x with Turn ½ to left

1-2 (1) Touch R toe with turn 1/8 to left (2) Drop R heel in place (10:30)
3-4 (3) Touch L toe with turn 1/8 to left (4) Drop L heel in place (9:00)

5-6 (5) Touch R toe with turn 1/8 to left (6) Drop R heel in place (7:30)
7-8 (7) Touch L toe with turn 1/8 to left (8) Drop L heel in place (6:00)

Thank you.. Enjoy your dance ;)
Wish everyone is always healthy
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