

No Bailes Sola

拍數: 32 牆數: 4 級數: High Improver
編舞者: Bonghee Lee (KOR) & DoHee Kim - September 2020
音樂: No Bailes Sola - Danna Paola & Sebastián Yatra



S1: Walk, Walk, 1/4R Shuffle, Walk, Walk, 1/2L Shuffle

1-2 Step RF forward, Step LF forward
3&4 Step RF forward, Step LF next to R, 1/4 R turn step RF forward (3:00)
5-6 Step LF forward, Step RF forward
7&8 Step LF forward, Step RF next to L, 1/2 L turn step LF forward (9:00)

S2: Cross Samba (R, L), Stationary Samba Walk (R, L)

1&2 Cross RF over L, Step LF side to L, Recover RF
3&4 Cross LF over R, Step RF side to R, Recover LF
5-6& Step RF next to L, Step LF back rock, Recover RF
7-8& Step LF next to R, Step RF back rock, Recover LF

S3: Cuban Break, Behind, Side, Forward Touch, Hip Roll, Back Touches

1&2& Cross rock RF over L, Recover LF, Step RF side to R, Recover LF
3&4 Cross RF behind L, Step LF side to L, Touch RF toe forward
5-6 Hip roll (two turns clockwise)
&7&8 Step RF back, Touch LF toe forward, Step LF back, Touch RF toe forward

S4: Back Rock, Side, 1/4L Sailor Step, Cross, Side, 1/8R Back, Hitch, 1/8R Back, 1/4R, 1/4R Step

1&2 Step RF back, Recover LF, Step RF side R,
3&4 1/4 L turn cross LF behind R, Step RF side R, Step LF side to L (6:00)
5&6& Cross RF over L, Step LF side to L, 1/8 R step RF back, Hitch on LF (7:30)
7&8 1/8 R turn step LF back (9:00), 1/4 R turn step RF forward (12:00), 1/4 R turn step LF forward (3:00)

Restart: After wall 6 counts 20 (S3: 4count - Touch RF toe forward)

Enjoy
