

Cono

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Rebecca Lee (MY) & Jean-Pierre Madge (CH) - August 2020
音樂: Coño - Jason Derulo, Puri & Jhormountain



Dance Starts with the last 4 counts of the dance when Jason says : Right, left, drip, splash
Tag on wall 5 after 16 counts, then continue the dance !

Walk, Walk, Walk, 1/4L Rock and Cross, 1/4 L, Step Hitch, Step Hitch

1-2-3 Walk L, R, L (1,2,3)
4&5 1/4L Rock R back (4), Step L next R (&), Cross R over L (5),
6- 1/4 L Step L forward (6)
7& Step R forward, cross both arms in front of your chest (7), Hitch L knee, open both arms to the sides(&),
8& Step L forward, bring both arms up (8), Hitch R knee, bring both arms down(&)

Walk, Rock, Recover, Back and Side, Touch, Chassé 1/4 R

1-2-3 Walk R (1), Rock L forward (2), Recover R (3)
4&5 Step L back (4), Step R next L (&), Big Step L to L (5)
6-7&8 Touch R next L (6), 1/4 R Step R forward (7), Step L next R (&), Step R forward (8)

Chug/Paddle turn 1/2 R, Chug/Paddle 1/2 L

1-2-3-4 Make 1/2 R Chug/Paddle L going forward, weight end on L (1,2,3,4)
5-6-7-8 Make 1/2 R Chug/Paddle R going backward, weight still on R (5,6,7,8)

Hips, Touch, Hips, Touch, Arms

1-2 Step R to R and move your hips from L to R (1) Touch L toe to L diagonal (2)
3-4 Tap L to L and move your hips from R to L (3) Touch R toe to R diagonal (4)
5-6-7-8 Bring R arm in front of your chest and hit the R side with your R elbow (5), Bring L arm in front of your chest and hit the L side with your L elbow (6), Raise your R arm up like you are holding a basket ball and you are ready to throw the ball (7) Swing your R wrist forward like you just throw the ball into the basket (and you just scored) (8)

Tag : 4 counts: Hold (1,2), Bounce your knees down and up (3&4&)

Smile and start the dance again !
