

Mi Paloma

拍數: 32 牆數: 4 級數: Improver
編舞者: Jun Andrizar (INA) - November 2020
音樂: Paloma (feat. Anitta) - Fred De Palma



I. SAMBA PRESS X2 - BASIC SAMBA FWD

1a2 Press ball of R into floor next to L , Step back on L , Recover on R
3a4 Press ball of L into floor next to R , Step back on R , Recover on L
5a6 Step R press fwd , Recover on L , Step R in place
7a8 Step L press fwd , Recover on R , Step L in place

***Restart here on wall 3

II. 1/4 DIAMOND STEP - HIPS SWAY X4

1&2 Cross R over L , Step L to side , 1/8 turn left step R back
3&4 Step L back diagonal , Step R to side , Cross L over R
5678 Hips Sway RLRL (3.00)

III. STEP PRESS - HOOK - LOCK SHUFFLE FWD

1-2 Step press R fwd , Step hook on R behind L
3&4 Step R fwd , Step lock on L behind R , Step R fwd
5-6 Step press L fwd , Step hook on L behind R
7&8 Step L fwd , Step lock on R behind L , Step L fwd

IV. STEP ROCK - TRIPLE STEP 3/4 TURN RIGHT - STEP ROCK - SAILOR TURN 1/4 LEFT

1- 2 Step R fwd , Recover on L
3&4 Triple 3/4 turn right with R,L,R (12.00)
5-6 Step L fwd , Recover on R
7&8 Sailor 1/4 left , step L fwd (9.00)

Restart on Wall 3 after 8 Count (6.00)

Tag : 4 Count , Ending on wall 6

Step side out - step in centre

&1-2 Step out to side on R , L - Hold
&3-4 Step to centre on R , L - Hold

Freeze on wall 7 after 24 Count and Continue on Sec 2

Ending do a Coaster Step on front wall (12.00)

Last Update - 20 Nov. 2020