

Besame

拍數: 96 牆數: 2 級數: Phrased Improver
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音樂: Besame - David Bisbal & Juan Magán



Intro : 32 count

Sequence: AA BB AB CC AB

A I. STEP FORWARD - MAMBO FORWARD - STEP BACK - 1/2 TURN L TRIPLE STEP

1 - 2 step forward R, L
3 & 4 step R forward, recover on L, Step beside L
5 - 6 step back L, R
7 & 8 1/4 turn L step L to L, step R beside L 1/4 turn L step L forward (6:00)

#A II. MAMBO SIDE - 1/2 PADDLE TURN L - JAZZBOX 1/4 TURN R

1 & 2 step R to R side, recover on L, step R together
3 & 4 step L to L side, recover on R, step L together
5 - 6 1/4 turn L touch R to side, 1/4 turn L touch R to side (12:00)
7 & 8 cross R over L, 1/4 turn R step L back, Step R to side (3:00)

#A III. PADDLE 1/4 R, 1/4 R - JAZZBOX - CHASSEE R - 1/2 TURN TRIPLE STEP

1 - 2 1/4 turn R touch L to side (6:00), 1/4 turn R touch L to side (9:00)
3 & 4 cross L over R, step R back, step L to Side
5 & 6 step R to side, step L together, step R to R side
7 & 8 1/2 turn L step L to L side, step R together, step L to L side (3:00)

A IV. PIVOT 1/4 L, 1/2 L - HIPS BUMP

1 - 2 step R forward, 1/4 turn L step L in Place
3 - 4 step R forward, 1/2 turn L step L in place
5 & 6 step R with hips bump R,L,R
7 & 8 hips bump L,R,L

#B I. CROSS ROCK RECOVER - BOTA FOGO

1&2& Cross R over L, recover on L, step R to R, recover on L
3 & 4 cross R over L, step L to side, step R in place
5&6& cross L over R, recover on R, step L to L side, recover on R
7 & 8 Cross L over R, step R to R side, step L in place

#B II. BACK SHUFFLE - SAILOR STEP - 1/4 L SAILOR TURN

1 & 2 step R back, cross L front R, step R back
3 & 4 step L back, cross R front L, step L back
5 & 6 step R behind L, step L to L side, step in place
7 & 8 step L behind R, 1/4 turn L step R to side, step L in place

#B III. SWAY - CHASSEE - SWAY - 1/4 TURN L TRIPLE STEP

1 - 2 Sway R,L
3 & 4 step R to R side, step L together, step R to R side
5 - 6 sway L,R
7 & 8 step L to L side, step R together, 1/4 turn L step L forward (6:00)

#B IV. DIAMOND 1/4 - SIDE RECOVER CROSS BACK - 1/4 TURN L FORWARD SHUFFLE

1 & 2 cross R over L, 1/8 turn R step L back (7:30), step R back

3 & 4 step L behind R, 1/8 turn R step R to R (9:00), step L forward
5 & 6 step R to R side, recover on L, step R behind L
7 & 8 1/4 turn L step L forward, step R Behind L, step L forward

#C I. SIDE MAMBO R - L - FORWARD MAMBO - BACK MAMBO

1 & 2 step R to R side, step L in place, step R Together
3 & 4 step L to L side, step R in place, step R Together
5 & 6 step R forward, recover on L, step R back
7 & 8 step L back, recover on R, step L forward

#C II. PIVOT 1/2 R , L - 1/2 VOLTA TURN R

1 & 2 step R forward, 1/2 turn L step L in place, step R forward
3 & 4 step L forward, 1/2 turn R step R in place, step L forward
5&6& 1/8 turn L step R forward, step L in Place, 1/8 turn R step R in place, step L In center
7 & 8 1/8 turn R step R in place, step L in center, 1/8 turn R step R in place (6:00)

#C III. MAMBO SIDE L,R - FORWARD MAMBO - BACK MAMBO

1 & 2 step L to L side, step R in place, step L together
3 & 4 step R to side, step L in place, step R in place
5 & 6 step L forward, recover on R, step L Together
7 & 8 step R back, recover on L, step R Forward

#C IV. PIVOT L,R - 1/2 VOLTA TURN L

1 & 2 step L forward, 1/2 turn R step R in place, step L forward
3 & 4 step R forward, 1/2 turn L step L in place, step R forward
5&6& 1/8 turn L step L forward, step L in place, 1/8 turn L step L in place
7 & 8 step L in center, 1/8 turn L step L in place, step L forward

Have Fun & enjoy

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