

Ella Bachata

拍數: 48 牆數: 1 級數: Phrased High Intermediate
編舞者: Roosamekto Mamek (INA) - January 2021
音樂: Muriendo por Ella - 4Ever



Intro: 32 count

SEQUENCE:

A, TAG, B, B, B, B, A,
A, TAG, B, B, B, B, A
A, TAG, B, B, B, B, A,

PART A (32 COUNT)

A1. BASIC SIDE BACHATA

1-4 Step R to side - Step L together - Step R to side - Touch L together (12:00)
5-8 Step L to side - Step R together - Step L to side - Touch R together (12:00)

A2. SYNCOPATED SWITCH TOUCHES, TOGETHER, SYNCOPATED JAZZ BOX, CROSS SHUFFLE

1-2& Touch R toes forward - Touch R toes forward - Step R together (12:00)
3-4& Touch L toes forward - Touch L toes forward - Step L together
5-6& Cross R over L - Step L back - Step R close to L
7&8 Cross L over R - Step R to side - Cross L over R (12:00)

A3. SYNCOPATED MONTEREY, SIDE TOUCH, FLICK, UNWIND 1/2 TURN LEFT (2X)

1&2& Touch R to side - Step R together - Touch L to side - Step L together (12:00)
3-4 Touch R to side - Flick R knee to side
5-8 Cross R over L - Turn 1/2 left (weight on R) - Touch L ball behind R - Turn 1/2 left (weight on L)

A4. HEEL TOUCH, HOLD, BACK, TOUCH, HOLD, FORWARD TOUCH, BACK, TOUCH, FORWARD, TOUCH, HITCH

1-2& Touch R heel forward - Hold - Step R back (12:00)
3-4& Touch L together - Hold - Step L forward
5&6 Touch R together - Step R back - Touch L together
&7-8 Step L forward - Touch R together - Hitch R knee up (12:00)

PART B (16 COUNT)

B1. SIDE ROCK, RECOVER, CHA CHA CHA IN PLACE

1-2 Rock R to side - Recover on L (12:00)
3&4 Step R together - Step L in place - Step R in place
5-6 Rock L to side - Recover on R
3&4 Step L together - Step R in place - Step L in place (12:00)

B2. NIGHT CLUB BASIC, FORWARD ROCK, SIDE TURN 1/4 RIGHT, TOGETHER

1-2& Step R to side - Rock L behind R - Recover on R (12:00)
3-4& Step L to side - Rock R behind L - Recover on L
5-8 Rock R forward - Recover on L - Turn 1/4 right step R to side - Step L together (3:00)

REPEAT

TAG

OUT, OUT, IN, IN, BODY ROLLED

1&2& Step R to side - Step L to side - Step R to center - Step L together
3&4 Bend knees - Rolled body up - Straightened knees

For more info about step sheet & song, please contact:
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