

La Luna

拍數: 0 牆數: 4 級數: Phrased Improver
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音樂: La Luna (Edit Mix) - Seemannstochter



Start at the beginning

Part A

Hip Sway / Shuffle / Forward Steps/ Forward Mambo

1 2 3&4 Right hip sway, left hip sway, shuffle to right
5 6 7&8 Left hip sway, Right hip sway, shuffle left

1 2 3&4 RF forward, LF forward, RF forward 1/2 Turn to L, LF forward RF forward
5 6 7&8 LF forward, RF forward, Rock Step L, Recover to R, LF close

Repeat Part A

Part B

Stationary Samba Walks with ¼ Turns to L

1&2 Close RF to LF, LF back with Part weight, replace on RF,
3&4 Close LF to RF, RF back with Part weight replace on LF, Turn ¼ to L
5-8 Repeat 1-4

1-8 Repeat 1-8

Part C

Volta Turns and Rock steps with heelgrind

1&2&3&4 Step on RF, LF toe behind (&), Step on RF, LF toe behind (&), Step on RF, LF toe behind (&), Step on RF, ½ Circle turn over right shoulder during Counts 1-4
5 6 7 8 LF Rock step forward with heel grind, LF Rockstep back

1&2&3&4 Step on LF, RF toe behind (&), Step on LF, RF toe behind (&), Step on LF, RF toe behind (&), Step on LF, ½ Circle turn over left shoulder during Counts 1-4
5678 RF Rock step forward with heel grind, RF Rockstep back

Part D

Slides , Back Rocks, Travelling Corta Jaca,

1 2& RF Slide to right, Rock step back LF, ¼ Turn to L
3 4& LF Slide to left, Rock step back RF, ¼ Turn to L
5-8 Repeat 1-4

1&2&3&4& Travelling Corta Jaca to right with RF, R heel forward, LF replace and move slightly to right, R toe back, LF replace and move slightly to right, R heel forward, LF replace and move slightly to right, R toe back, LF replace and move slightly to right,
5&6 7&8 RF side, LF Rock step back. LF side, RF Rock step back. (It could be danced as a Samba whisk with Bounce action)

1-8 Repeat the Slide-Part
1-8 Repeat the Travelling Corta Jaca-Part

Part E 1

Rock steps , Twist Turn

1 2& 3 4& RF forward, LF Forward Rock step, LF Back, RF Back Rock step
5 6 7 8 RF forward, LF cross behind RF, ½ Twist Turn to L (7 8)

1-8 Repeat 1-8

Part A

Part A

Part B

Part D

Part E 1

Part E 2

Rock steps, ½ Turn

1 2& 3 4& RF forward, LF Forward Rock step, LF Back, RF Back Rock step
5 6& 7 8 RF forward, LF forward ½ Turn to R, RF forward/replace, LF forward(7 8)

1-8 Repeat 1-8

Bridge

Toe Heel Action with Swivel, Hip Sway

1 2 3 4 RF toe in, RF heel out, RF toe in , RF heel out,
5 6 7 8 RF toe in, RF heel out, RF toe in , RF close on 8, Swivel on LF ½ Turn to L over 1-8

1 2 3 4 LF toe in, LF heel out, LF toe in , LF heel out,
5 6 7 8 LF toe in, LF heel out, LF toe in , LF close on 8, Swivel on RF ½ Turn to R over 1-8

1 2 3 4 Right hip sway, Left hip sway, Right hip sway, Left hip sway,
5 6 7 8& Right hip sway, Left hip sway, Right hip sway, Left hip sway,,RF close, Circle ½ Turn to L over 1-8

1 2 3 4 Left hip sway, Right hip sway, Left hip sway, Right hip sway,
5 6 7 8 3 x Point LF, LF close, Turn 1/1 to R over 1-8

Part D

Part E 1

Part E 2

Complete dance in order of dancing parts: A-A-B-C-D-E1-A-A-B-D-E1-E2-Bridge-D-E1-E2

Have fun !!
