

Amor Y Dolor

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Caecilia M Fatruan (INA) - May 2021
音樂: Amor Y Dolor - Carlos Baute



Dance Start, at the first verse.. Restart on Wall 4 & 8 only 16 count

S1. SIDE ROCK, RECOVER, CHASSE 2x, RIGHT & LEFT

1-2 RF step to the R side, recover on LF
3&4 RF step to the R side, LF close (&), RF step to R side
5-6 LF step to the L side, recover on RF
7&8 LF step to the L side, RF close (&), LF step to L side

S2. MAMBO R&L, WEAWE

1&2 RF back rock, recover on LF (&), RF replace
3-4 LF back rock, recover on RF (&), LF replace
5&6& RF step in front of LF, LF step to L side (&) RF step behind LF, LF step side (&)
7&8 RF step in front of LF, LF step to L side (&), RF step behind LF

S3. CROSS ROCK 3X, ¼ TURN LEFT, VOLTA HALF TURN RIGHT

1&2& LF step cross in front of RF, RF step to the R side (&) LF step cross in front of RF, RF step side (&)
3&4 LF step cross in front of RF, RF step R side (&), make 1/4 turn Left, RF step to the L side
5&6& RF step fwd, LF Close (&), RF step Fwd while 1/4 turn R, LF close (&)
7&8 RF step fwd while ¼ turn R, LF close (&) RF step fwd

S4. RUMBA BOX FWD, ROCK RECOVER, HALF TURN SHUFLE

1&2 LF step to the L side, RF close (&), LF step fwd
3&4 RF step to the R side, LF close (&) RF step fwd
5-6 LF step fwd, recover weight on L
7&8 LF step to the L side, while ¼ turn L, RF close (&) LF step to the L side while ¼ turn L

Well Done..you did it
