

Si Una Vez (if I Once)

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Si Una Vez (If I Once) (Spanglish Version) (feat. Frankie J, Becky G & Kap G) -
Play-N-Skillz



Intro : (16 Count)

SEC I ___ WALK,ROCK SIDE,FORWARD,ROCKING CHAIR,FORWARD MAMBO

1.2 - Step RF forward,step LF forward
3&4 - Rock RF to right side, recover on LF,step RF beside LF
5&6& - Rock LF forward,recover on RF,Rock LF back,recover RF
7&8 - Rock LF forward,recover on RF,step LF beside RF

SEC II ___ BASIC NC,SHUFFLE FORWARD,1/2 TURN L SHUFFLE FORWARD

1.2& - Step RF to right side,step LF slightly behind RF,cross RF over LF
3.4& - Step LF to left side,step RF slightly behind LF,cross LF over RF
5&6 - Step RF forward,step LF beside RF,step RF forward
7&8 - 1/2 turn L step LF forward,step RF beside LF,step LF forward

SEC III ___ DIAMOND 3/4 TURN R

1&2& - Cros RF over LF,step LF to left side,1/8 turn R step back on RF,hitch on LF (7.30)
3&4& - Step back on LF,1/8 turn R step RF to right side,1/8 turn R step LF forward,hitch on RF
(10.30)
5&6& - Cross RF over LF,1/8 turn L step LF to left side,1/8 turn R step back on RF hitch on LF (1.30)
7&8 - Step back on LF,1/8 turn R step RF to right side,step LF forward (3.00)

SEC IV ___ ROCK SIDE,CROSS,ROCK FORWARD,1/2 TURN R,LOCK SHUFFLE

1&2 - Rock RF to right side, recover on LF, Cross RF over LF
2&4 - Rock LF to left side, recover on RF,cross LF over RF
5&6 - Rock RF forward,recover on LF,1/2 turn R step RF forward
7&8 - Step LF forward, step RF behind LF,step RF forward

(Option : FULL TURN R)

Tag After Wall : 9

1.2 - Touch R toes to the right side and raise right hand
3.4 - Raise left hand
5.6.7.8 - Lower both hand