

De La Buena

拍數: 112 牆數: 1 級數: Phrased Improver
編舞者: Phopy Yulianti (INA) & Tutuk Kusdaryanti (INA) - May 2021
音樂: Rumba de la Buena - Aymee Nuviola



SEQUENCE: Phrase A : 48 - 32 - 48 - TAG 1 - 32 - 48 - 32 - 48 - TAG 2 - 28 - Phrase B : 64
START ON VOCAL

PHRASE A

SECTION 1 - DIAGONAL FORWARD - KICK - DIAGONAL BACK - TURN - POINT

1-2-3-4 1/8 turn R Step forward on R to R diagonal(01.30), step forward on L, Step Forward on R, Kick L forward and clap

5-6-7-8 Step back on L, step back on R, 1/8 turn L step L to L side(12.00), Point R to R side

SECTION 2 - DIAGONAL FORWARD - KICK - DIAGONAL BACK - TURN - POINT

1-2-3-4 1/8 turn L step forward on R(10.30), step forward on L, step Forward on R, kick forward L and clap

5-6-7-8 Step back on L, step back on R, step back on L, 1/8 turn R Point R to R side

SECTION 3 - V STEP - PIVOT

1-2-3-4 Step forward on R to R diagonal, Step forward on L to L Diagonal, Step Back on R to centre, Step L beside R

5-6-7-8 Step R Forward, 1/4 turn L Step L in place L, Step R Forward, 1/4 turn L Step L in place L (06.00)

SECTION 4 - V STEP - PIVOT

1-2-3-4 Step forward on R to R diagonal, Step forward on L to L Diagonal, Step Back on R to centre , Step L beside R

5-6-7-8 Step R Forward, 1/4 turn L Step L in place L, Step R Forward, 1/4 turn L Step L in place L (12.00)

SECTION 5 - SKATE - MONTEREY

1-2-3-4 Swivel on ball R pushing of toward to R diagonal in a slide, swivel on ball L pushing of toward to L diagonal in a slide, swivel on ball R pushing of toward to R diagonal in a slide, swivel on ball L pushing of toward to L diagonal in a slide

5-6-7-8 Point R to R side, 1/2 turn R step R beside L(06.00), point L to L side, step L beside R

SECTION 6 - SKATE - MONTEREY

1-2-3-4 Swivel on ball R pushing of toward to R diagonal in a slide, swivel on ball L pushing of toward to L diagonal in a slide, swivel on ball R pushing of toward to R diagonal in a slide, swivel on ball L pushing of toward to L diagonal in a slide

5-6-7-8 Point R to R side, 1/2 turn step R beside L(12.00), point L to L side, step L beside R

PHRASE B

SECTION 1 - MAMBO SIDE

1&2 Step R to R side, recover on L, step R beside L

3&4 Step L to L side, recover on R, step L beside R

5&6 Step R to R side, recover on L, step R beside L

7&8 Step L to L side, recover on R, step L beside R

SECTION 2 - MAMBO SIDE

Repeat as Section 1

SECTION 3 - MAMBO FORWARD - BACK MAMBO

- 1&2 Step Forward on R, recover on L, step R beside L
- 3&4 Step back on L, recover on R, step L beside R
- 5&6 Step forward on R, recover on L, step R beside L
- 7&8 Step back on L, recover on R, step L beside R

SECTION 4 - MAMBO FORWARD - BACK MAMBO

Repeat as Section 3

SECTION 5 - SIDE - TOUCH

- 1-2 Step R to R side, step L beside R
- 3-4 Step R to R side, step L beside R
- 5-6 Step R to R side, step L beside R
- 7-8 Step R to R side, touch L beside R

SECTION 6 - SIDE - TURN - TOUCH

- 1-2 Step L to L side, step R beside L
- 3-4 Step L to L side, step R beside L
- 5-6 Step L to L side, step R beside L
- 7-8 1/4 turn L Step forward on L(03.00), touch R beside L

SECTION 7 - SIDE - TOUCH

- 1-2 Step R to R side, step L beside R
- 3-4 Step R to R side, step L beside R
- 5-6 Step R to R side, Step L beside R
- 7-8 Step R to R side, touch L beside R

SECTION 8 - SIDE - TURN - TOUCH

- 1-2 Step L to L side, step R beside L
- 3-4 Step L to L side, step R beside L
- 5-6 Step L to L side, step R beside L
- 7-8 1/4 turn L step forward on L(12.00), touch R to R side

NOTE

TAG 1

BASIC NIGHT CLUB

- 1 - 2& Step R to R side, step L slightly behind R, cross R over L
- 3 - 4& Step L to L side, step R slightly behind L, cross L over R
- 5 - 6& Step R to R side, step L slightly behind R, cross R over L
- 7 - 8& Step L to L side, step R slightly behind L, cross L over R

TAG 2

POINT - HOLD

- 1-2 Point R to R side, hold
- 3-4 Hold, hold

HAPPY DANCE

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