

Como La Flor

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 3 級數: Improver
編舞者: Lenny Sativa (INA) - July 2021
音樂: Como La Flor - Myrto : (Selena Cover)



Intro: 16 Count

Restart wall 2, 6, 9, 10 after 24 count

Restart wall 3, 7 after 16 count

SECTION 1 : MAMBO FORWARD, MAMBO BACK, ROCK FORWARD, ½ TURN R, LOCK FORWARD SHUFFLE

1&2 Step RF forward, recover onto LF, step RF next to LF
3&4 Step LF back, recover onto RF, step LF next to RF
5&6 Rock RF forward, recover onto LF, make ½ turn R
7&8 Step LF forward, step RF behind LF, step LF forward

SECTION 2 : SIDE MAMBO R-L, HIP SWAY R-L R-L

1&2 Step RF to R, recover onto LF, close RF next to LF
3&4 Step LF to L, recover onto RF, close LF next to RF
5-6 Hip sway R-L
7&8 Hip sway R-L

SECTION 3 : BOTAFOGO, CROSS SHUFFLE, ½ TURN L CROSS SHUFFLE

1&2 Cross RF over LF, step LF to side, step RF in place
3&4 Cross LF over RF, step RF to side, step LF in place
5&6 Cross RF over LF, step LF to L, cross RF over LF
7&8 ½ turn L cross LF over RF, step RF to R, cross LF over RF

SECTION 4 : LOCK SHUFFLE DIAGONAL TO R-L, WALK AROUND ¼ TURN R

1&2 Step RF diagonal, step LF behind RF, step RF diagonal
3&4 Step LF diagonal, step RF behind LF, step LF diagonal
5-6 Step RF forward, ¼ turn R walk LF
7-8 1/4 turn R walk RF, ¼ turn R walk LF

Happy Dancing

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