

Mi Estrella

拍數: 48 牆數: 4
編舞者: Uly Dhedhek (INA) - August 2021
音樂: Estrella - Zion & Lennox

級數: Phrased Intermediate



Dance sequence : AA BB A BB A BBB (B16)
NO TAG NO RESTART

Start dancing : 16 count

SEQUENCE A - 16 counts

S1. Side, cross, 1/4 turn right, 1/2 right pivot, walk, pres R/L

1 2& step R to side, cross L behind R, 1/4 turn right step R forward
3 4& step L forward, 1/2 turn right pivot, step L forward
5 6& press R forward, recover on L, step R together (weight on R)
7 8& press L forward, recover on R, step L together (weight on L)

S2. Samba wisk R/L, 1/2 left unwind, walk

1 2& step R to side, cross L behind R, recover on R
3 4& step L to side, cross R behind L, recover on L
5 6. Cross R over L, turn 1/2 left (unwind) (weight on L)
7 8 walk R-L

SEQUENCE B - 32 counts

S1. Double side step R-L, rocking chair, 1/2 turn right

1&2& step R to side, step L together, step R to side, touch L beside R
3&4& step L to side, step R together, step L to side, touch R beside L
5&6& step R forward, recover on L, step R backward, recover on L
7&8 step R forward, turn 1/2 right step L backward, step R together

S2. 1/4 right pivot, cross, 1/2 turn left, cross, side mambo

1&2 step L forward, 1/4 right pivot, cross L over R
3&4. Step R to side, 1/2 turn left step L to side, cross R over L
5&6. Step L to side, recover on R, step L together
7&8 Step R to side, recover on L, step R together

S3. 1/2 left diamond

1&2. Cross L over R, 1/8 turn left step R backward, step L backward hitch R
3&4 cross R behind L, 1/8 turn left step L to side, step R forward
5&6 Cross L over R, 1/8 turn left step R backward, step L backward hitch R
7&8. cross R behind L, 1/8 turn left step L to side, step R forward

S4. Left forward lock shuffle, 1/2 left pivot, forward, 1/2 right pivot, big step, touch

1&2 step L forward, lock R behind L, step L forward
3&4 step R forward, 1/2 left pivot, step R forward
5 6 step L forward, 1/2 right pivot (R forward)
7 8 make a big step forward on L, touch R beside L

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