

Sabrás

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Montse Garres (ES) & Miguel Angel Sanjuan (ES) - August 2021
音樂: Sabrás (Versión Bachata) - DJ Khalid, Manny Rod & Frank Santos



Traslation by: Miguel Ángel Sanjuán "Wild West LD&CWD"

Section 1: [1 - 8]: WALK FWD R-L-R, TOUCH BACK L , STEP BACK L, TOUCH R, STEP FWD R, TOUCH BACK L,

1 - 2 Step RF fwd, step LF fwd.
3 - 4 Step RF fwd, touch LF behind.
5 - 6 Step LF back, touch RF fwd.
7 - 8 Step R fwd, touch LF behind

Section 2: [9-16]: FULL TURN L, STEP BACK L, TOUCH R, SIDE R, TOUCH L , SIDE L, TOUCH R ,

9 - 10 Turn ½ turn LF to the L, turn ½ turn RF to the L.
11 - 12 Step LF back, touch RF fwd.
13 - 14 Step RF to the R, touch LF toe fwd.
15 - 16 Step LF to the L, touch RF to the LF side.

Section 3: [17-24]: VAUDEVILLE R - L (Touch)

17 - 18 Step RF to the R, cross LF in front of RF.
19 - 20 Step RF to the R, mark LF fwd heel.
21 - 22 Step LF to the L, cross the RF in front of the LF.
23 - 24 Step LF to the L, mark heel RF fwd.

Section 4: [25-32]: STEP FWD R, POINT L FWD DIAGONALLY, STEP FWD L, POINT R FWD DIAGONALLY, ½ TURN R (MONTEREY), POINT L FWD, CROSS L TO R, POINT R DIAGONALLY

25 - 26 Step RF fwd, point LF diagonally
27 - 28 Step LF fwd, point RF diagonally
29 & 30 Turn ½ turn to the R RF, point LF to the L
31 - 32 Cross LF in front of RF, point LF diagonally

RESTART: 3th WALL

FINAL: OPTION 2

Section 5: [33-40]: JAZZBOX R (TOUCH), SIDE L, TOGETHER R, SIDE L, TOGETHER (TOUCH) R,

33 - 34 Cross RF in front of LF, step LF behind.
35 - 36 Open RF to the R, mark LF toe to RF side.
37 - 38 Open the LF to the L, join the RF to the LF side.
39 - 40 Open the LF to the L, join the RF to the LF, marking with the tip.

Section 6: [41-48]: FULL TURN R (TOUCH L), STEP FWD L, BODY ROLL (X2), STEP FWD R

41 - 42 ½ Turn RF to the R, ½ turn LF to the R
43 - 44 Step RF to the R, step LF fwd
45 & 46 Move hips fwd, straighten head up, straighten body as hips come back into place, place hips in place
47 & 48 Move the hips fwd, straighten the head up, straighten the body while the hip returns to the site, place the hips in place and close the RF together with the LF.

Section 7: [49-56]: RUMBA BOX R

49 - 50 Step RF to the R, step LF next to RF
51 - 52 Step RF fwd, touch LF next to RF
53 - 54 Step L with LF, step RF next to LF

55 - 56 Step back with your LF, touch RF next to LF

Section 8: [57-64]: SWAY HIPS R-L-R-L, TOUCH L, SWAY HIPS L-R-L-R, TOUCH R,

57 - 58 Swing your hips to the R, swing your hips to the L.

59 - 60 Swing your hips to the R, touch LF to the L (weight on RF).

61 - 62 Swing your hips to the L, swing your hips to the R.

63 - 64 Swing your hips to the L, touch the RF to the R (weight to the LF).

Restart: Count 32 in the 3 Wall

Option 2: Only Count 32/2

With this option, repeating the entire 32 Count sequence does not require to Restart.

Enjoy & Have Fun!!!!

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Descarga Música / Download Music:

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Video

<https://youtu.be/pRWRgLVXvLc>

<https://vimeo.com/manage/videos/588053655>

Descarga Hoja de Baile / Download Stepsheet:

Hoja de Baile ES

Stepsheet UK

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