

Tequila og en Salsa

拍數: 96 牆數: 4 級數: Phrased Intermediate
編舞者: Hege Langhelle (NOR) - September 2021
音樂: Danse Som Ein Gud - Tommy Fredvang



Phrasing: ABBABBABBB(13 counts)

A: 64 counts:

(1-8)side,hold,ballcross,mambocross,1/4hip,side,dip and pop.

1-2&3 Rf step R(1), hold(2), ball of Lf beside Rf(&), Rf cross Lf(3).

4&5 Lf rock L(4), recover to Rf(&), Lf cross Rf(5).

6-8 1/4L with R hip up(6), Rf step R(7), R knee bend and L knee pop(8).(9.00)

(9-16)toestrutx2,1/4rockingchair.

1-4 L toe to L(1), L heel step down(2), R toe cross Lf(3), R heel step down(4).

5-8 ¼ L and Lf rock fwd(5), recover to Rf(6), Lf rock back(7). Recover to Rf(8).(6.00)

(17-24)out,out,in,cross,rock,cross,hitch.

1-4 Lf to Ldiagonal(1), Rf to Rdiagonal(2), Lf in(3), Rf cross Lf(4).

5-8 Lf rock L(5), recover to Rf(6), Lf cross Rf(7), hitch R knee and turn 1/8L(8).(4.30)

(25-32)cross,1/4touch,cross,point,1/4flick,toestrut,fwd,sweep.

1-4 Rf cross Lf(1), 1/4R Lf touch beside Rf(2), Lf cross Rf(3), Rf point R(4).(7.30)

5-8 ¼ L flick Rf(5), R toe fwd(6), R heel down(7), Lf fwd and sweep 3/8 L(8).(12.00)

(33-40)jazzbox,3xrun,rock,recover.

1-4 Rf cross Lf(1), Lf step back(2), Rf step R(3), Lf step fwd(4).

5&6 Run fwd Rf(5)Lf(&)Rf(6).

7-8 Lf rock fwd(7), recover to Rf(8).

(41-48)ballstep,1/2,hold,ballstep,rockingchair.

&1-2 Ball of Lf beside Rf(&), Rf step fwd(1), 1/2L weight on Lf(2).(6.00)

3&4 Hold(3), ball of Rf beside Lf(&), Lf step fwd(4).

5-8 Rf rock fwd(5), recover to Lf(6), Rf rock back(7), recover to Lf(8).

(49-56)side,hold,ballcross,siderock,1/4jazzbox.

1-2&3 Rf step R(1), hold(2), ball of Lf beside Rf(&), Rf cross Lf(3).

4&5-8 Lf rock L(4), recover to Rf(&), Lf cross Rf(5), Rf step back(6), 1/4L Lf step L(7) Rf step fwd(8).(3.00)

(57-64)rock,recover,1/4side,cross,hold,ballcross,3/4unwind,1/4point,hold.

1-2&3 Lf rock fwd(1), recover to Rf(2), 1/4L Lf step L(&), Rf cross Lf(3).(12.00)

4&5 Hold(4), ball of Lf step L(&), Rf cross Lf(5).

6-8 ¾ unwind L weight on Lf(6), ¼ L Rf point R(7), hold(8).(12.00)

B: 32 counts

(1-8)2xcrossSamba,fwd,1/2 paddleturn,fwd.

1a2 Rf cross Lf(1), Lf step L(a), Rf step fwd to Rdiagonal(2).

3a4 Lf cross Rf(3), Rf step R(a), Lf step fwd to Ldiagonal(4).

5-6&7&8 Rf step fwd(5), ¼ R Lf rock L(6), recover to Rf(&), ¼ R Lf rock L(7), Recover to Rf(&), Lf step fwd(8).(6.00)

(9-16)fwd,hold,ballstep,2xfwd,1/2paddle,fwd.

1-2&3 Rf step fwd(1), hold(2), ball of Lf beside Rf(&), Rf step fwd(3).
4-5 Lf step fwd(4), Rf step fwd(5).
6&7&8 ¼ R Lf rock L(6), recover to Rf(&), ¼ R Lf rock L(7), recover to Rf(&), Lf step fwd(8).(12.00)

(17-24)press,recover,ball,press,recover,ball,jazzbox.

1-2&3 Ball of Rf press fwd(1), recover to Lf(2), ball of Rf beside Lf(&), ball of Lf press fwd(3).
4&5 Recover to Rf(4), ball of Lf beside Rf(&), Rf cross Lf starting jazzbox(5).
6-8 Lf step back(6), Rf step R(7), Lf step fwd(8).

(25-32)step,together,step,touch,1/4L step,together,step,touch.

1-4 Rf step fwd with rolling hip(1), Lf step beside Rf(2), Rf step fwd with rolling hip(3), Lf touch beside Rf(4).
5-8 ¼ L Lf step fwd with rolling hip(5), Rf step beside Lf(6), Lf step fwd with rolling Hip(7), Rf touch beside Lf(8).(9.00)

HAVE FUN!!!!!!
