

1-2-3 Lalala

拍數: 32 牆數: 2 級數: Beginner Cumbia
編舞者: Anthony Kusanagi (INA) - November 2021
音樂: 1, 2, 3 (feat. Jason Derulo & De La Ghetto) - Sofia Reyes



Start dancing after count 16 since the music has begun. (No Tag, No Restart)

I. FORWARD WALK - HALF JAZZ BOX - HALF JAZZ BOX

1&2 Walk forward on: R(1) - L(&) - R(2)
3&4 Walk forwards on: L(3) - R(&) - L(4)
5&6 R cross over L(5) - L step backward(&) - R step to right side(6)
7&8 L cross over R(7) - R step backward(&) - L step to left side(8)

II. SIDE STEPS TO RIGHT - HIP BUMP - SIDE STEPS TO LEFT - HIP BUMP

1-2 R step to right side(1) - L step close to R(2)
3-4 R step to right side(3) - L press on ball while hip bumps upward and downward(4)
5-6 L step to left side(5) - R step close to L(6)
7-8 L step to left side(7) - R press on ball while hip bumps upward and downward(8)

III. CUMBIA STEP - CUMBIA STEP - PADDLE

1&2 R step behind L(1) - L step in place(&) - R step to right side(2)
3&4 L step behind R(3) - R step in place(&) - L step to left side(4)
5-6 R step forward(5) - turn ¼ to left(09.00) then recover to L(6)
7&8 R step forward(7) - turn ¼ to left(06.00) then recover to L(8)

IV. CHARLESTON WITH SWEEP - BACKWARD STEP WITH TWIST - BACKWARD STEP WITH TWIST

1-2 R touch forward on toe with sweeping action(1) - R step backward with sweeping action(2)
3-4 L touch backward on toe with sweeping action(3) - L step forward with sweeping action(4)
5&6 recover to R(5) - swivel on both balls to left side(&) - swivels on both balls to right toward center(6)
7&8 L step backward(7) - swivel on both balls to right side(&) - swivel on both balls to left toward center(8)

ENJOY THE DANCE

For more information, please contact me on: dancetemptations.anthony@gmail.com