

No Te Vi

拍數: 32 牆數: 2 級數: Beginner – Kizomba Bachata
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音樂: No Te Vi - Thalia & Maffio



(NO TAG - NO RESTART)

Start dancing after 32 counts since the music has begun.

I. BACHATA BASIC TO RIGHT - BACHATA BASIC TO LEFT

- 1-2 R step to right side(1) - L step close to R(2)
- 3-4 R step to right side(3) - L pressed downward on ball while hip bounce up and down(4)
- 5-6 L step to left side(5) - R step close to L(6)
- 7-8 L step to left side(7) - R pressed downward on ball while hip bounce up and down(8)

II. BACKWARD WALK - BACHATA RECOVER

- 1-3 walk backward on: R(1) - L(2) - R(3)
- 4 L pressed downward while hip bounce up and down(4)
- 5-6 recover to L(5) - R pressed downward while hip bounce up and down(6)
- 7-8 recover to R(7) - L pressed downward while hip bounce up and down(8)

(Note: Upper Body Action

- 5-8 do shimmies for these 4(four) counts(5-6-7-8))

III. FORWARD WALK - PADDLE

- 1-3 walk forward on: L(2) - R(2) - L(3)
- 4 R pressed downward while hip bounce up and down(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. FORWARD ROCKS WITH UPPER BODY RIPPLE - SIDE STEP HIP ROLL

- 1-2 R step forward while upper body make a ripple forward(1) - recover to L while upper body ripple backward(2)
- 3-4 recover to R while upper body ripple forward(3) - recover to L while upper body ripple backward(4)
- 5-7 R step to right side(5) - hold while hip make a counter-clockwise hip rolling downward for 2(two) counts(6-7)
- 8 recover to L while continue to make a counter-clock wise hip rolling upward(8)

ENJOY THE DANCE

For more informations, please contact me on:
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