

Te Mata

拍數: 32 牆數: 4 級數: Improver
編舞者: Hiroko Carlsson (AUS) - November 2021
音樂: TE MATA - Feid : (Spotify / iTunes)



(16 counts intro)

[S1] 2x (Toe Strut with Hip Bump), Rocking Chair, Step-Pivot 1/4L-Fwd

1&2 Touch R toes forward lifting right hip, Recover on L as you bring right hip down, Step down on R heel pushing right hip to the right
3&4 Touch L toes forward lifting left hip, Recover on R as you bring left hip down, Step down on L heel pushing left hip to the left
5&6& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
7&8 Step forward on R, Make a 1/4 turn left recover weight on L, Step forward on R (9:00)

[S2] 2x (Toe Strut with Hip Bump), Run-Run-Chase Turn, Run-Run-Together

1&2 Touch L toes forward lifting left hip, Recover on R as you bring left hip down, Step down on L heel pushing left hip to the left
3&4 Touch R toes forward lifting right hip, Recover on L as you bring right hip down, Step down on R heel pushing right hip to the right
5&6& Run forward on L-R (5&), Step forward on L, Make a 1/2 turn right recover weight on R (3:00)
7&8 Run forward on L-R (7&), Step L together**

[S3] 2x (Touch Fwd-Together with Dip), Side-Behind-1/4R Shuffle Fwd into 1/4R Samba

1&2 Touch R toes forward, Replace/step R together and slightly bend knees & dip down
3&4 Stretch up as you touch L toes forward, Replace/step L together and slightly bend knees & dip down
5&6& Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R, Step L next to R (6:00)
7&8 Step forward on R, Make a 1/4 turn right stepping (as you rock) L to the side, Replace weight on R (9:00)

-Styling: Chest pop on count 2 and 4

[S4] 2x (Cross-Samba), Fwd Rock-1/2L, Step-Pivot 1/2L

1&2 Cross L over R, Rock R to the side, Replace weight on L
3&4 Cross R over L, Rock L to the side, Replace weight on R
5&6 Rock forward on L, Replace weight on R, Make a 1/2 turn left stepping forward on L (3:00)
7 8 Step forward on R, Make a 1/2 turn recover weight on L (9:00)

Restart on Wall 3 counts 16** (9:00)

Ending suggestion: The last wall starts facing 6:00. Dance up to S4 count 5& (3:00), then Make a 1/4 turn left stepping L to the side (6), Cross R over L (7), Hold (8) (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 17/Nov/21)