

A Contracorriente

拍數: 32 牆數: 4 級數: Improver
編舞者: Francisca Pons ESTELRICH (ES) - January 2022
音樂: A Contracorriente - Alvaro Soler & David Bisbal



Intro: 16 Counts

(1 - 8) RUMBA BOX FORWARD - LOCK SHUFFLE BACK - COASTER STEP

1 & 2 - step RF to side R, step LF beside RF, step RF forward
3 & 4 - step LF to side L, step RF beside LF, step LF back
5 & 6 - step RF back, cross LF over RF, step RF back
7 & 8 - step LF back, RF beside LF, step LF forward

(9 - 16) WALK FORWARD (X2) - BOTAFOGO (X2) - CROSS - ¼ STEP BACK

1 - 2 - step RF forward, step LF forward
3 & 4 - cross RF over LF, rock LF to side L, recover onto RF
5 & 6 - cross LF over RF, rock RF to side R, recover onto LF
7 - 8 - cross RF over LF, ¼ step LF back on R

(17 - 24) STEP SIDE - CROSS - SIDE BEHIND SIDE CROSS - MAMBO SIDE (X2)

1 - 2 - step RF to side R, cross LF over RF
& 3 & 4 - step RF to side R, cross LF behind RF, step RF to side R, cross LF over RF
5 & 6 - step RF to side R, recover on LF, close RF beside LF
7 & 8 - step LF to side L, recover on RF, close LF beside RF

(25 - 32) LOCK SHUFFLE FORWARD - ½ STEP TURN - LOCK SHUFFLE FORWARD - ½ STEP TURN

1 & 2 - step RF forward, lock LF behind RF, step RF forward
3 - 4 - make ½ turn LF stepping forward on R
5 & 6 - step LF forward, lock RF behind LF, step LF forward
7 - 8 - make ½ turn RF stepping forward on L

TAG AFTER WALL 3 (9:00)

(1 - 8) WALK TOUCH STEP FORWARD (X4) - MAMBO SIDE (X2) (WITH SHIMMY)

1&2&3&4& - touch step RF forward, touch step LF forward, touch step RF forward, touch step LF forward
5 & 6 - step RF to side R, recover on LF, close RF beside LF
7 & 8 - step LF to side L, recover on RF, close LF beside RF

TAG AFTER WALL 4 (12:00)

(1 - 2) WALK TOUCH STEP FORWARD (X2) (WIHT SHIMMY)

1&2& - touch step RF forward, touch step LF forward

ENDING: ATER 16 COUNTS WALL 9 (3:00)

(1 - 2) - ¼ STEP BACK - TOUCH

1 - 2 - ¼ step RF back on L (12:00), touch LF beside RF

START AGAIN

DANCE WITH YOUR HEART AND FEET WILL FOLLOW