

Sigue

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2022
音樂: Sigue - J Balvin & Ed Sheeran : (Amazon/ Apple Music/ Deezer)



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(Dance starts on lyrics)

[S1] Back Rock-Side-Rock-Cross Shuffle, Hip Bumps Turn 1/4R, Hip Bumps Turn 1/2R

1&2& Rock/across R over L, Replace weight on L, Rock R to the side, Replace weight on L
3&4 Cross R over L, Step L close to R, Cross R over L
5&6 Making a 1/4 turn right step back on L foot with hip bumps L(back)-R(front)-L(back) (3:00)
7&8 Making a 1/2 turn right stepping forward on R foot with hip bumps R(front)-L(back)-R(front)
(9:00)

[S2] 2x Paddle 1/8R, Cross Shuffle, Hip Turn 1/4L, Hip Turn 1/2R

1& Touch forward on L, Make a 1/8 turn right recover weight on R (10:30)
2& Touch forward on L, Make a 1/8 turn right recover weight on R (12:00)
3&4 Cross L over R, Step R close to L, Cross L over R
5&6 Making a 1/4 turn left step back on R foot with hip bumps R(back)-L(front)-R(back) (9:00)
7&8 Making a 1/2 turn left stepping forward on L foot with hip bumps L(front)-R(back)-L(front)
(3:00) –

****Restart here on wall 6 (prep for wall 7, push back to start)**

[S3] Fwd Mambo R-L, Side-Behind-1/4R-Step-Pivot 1/2R-Side Rock-Hitch

1&2 Rock forward on R, Replace weight on L, Step R next to L
3&4 Rock forward on L, Replace weight on R, Step L next to R
5&6 Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (6:00)
&7 Step forward on L, Make a 1/2 turn right recover weight on R (12:00)
&8& Rock L to the side, Replace weight on R, Hitch L knee

[S4] R Cross-&-Cross-Hitch, L Cross-&-Cross-Hitch, Cross Rock-Point-Together-Step-Pivot 3/4L-Point

1&2& Cross L over R, Step R close to L, Cross L over R, Ronde hitch R around across L
3&4& Cross R over L, Step L close to R, Cross R over L, Ronde hitch L around across R
5&6& Rock/across L over R, Replace weight on R, Point L to the left, Step R together
7&8 Step forward on R, Make a 3/4 turn left recover weight on L, Point R to the right (3:00)

Restart on Wall 6 count 16 (6:00)**

Ending suggestion: The last wall starts facing 9:00, dance up to count 18 (12:00).

(updated: 1/Jan/22)