

Pasa-Get-Down-Dena

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BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: D'ette Perschke (USA) & Diana Oglesby (USA) - June 2022
音樂: Pasa - Get - Down - Dena - Corb Lund



Intro: 32 Counts start with weight on L (the song is written as 81 BPM. You will hear the drummer set the beat before the intro)

No Tags, No Restarts

S1 (1-8) R ROCKING CHAIR, R SIDE SHUFFLE, L ROCKING CHAIR, L SIDE SHUFFLE

1&2& Rock R forward (1), recover to L (&), rock R back (2) recover to L (&) (2)
3&4 Step R side (3), step L together (&), step R side (4)
5&6& Rock L forward (5), recover to R (&) rock L back (6), recover to R (&)
7&8 Step L side (7), step R together (&), step L side (8)

S2 (9-16) ¼ R TURNING SAILOR, SCUFF, CROSSING SHUFFLE, R SCISSOR, L SCISSOR

1&2& Cross R behind and turn ¼ R (1), step L side (&), step R side (2), scuff L forward (&) (3:00)
3&4 Cross L over (3), step R together (&), cross L over (4)
5&6 Step R side (5), step L together (&), cross R over (6)
7&8 Step L side (7), step R together (&), cross L over (8)

S3 (17-24) MAMBO ½ TURN, L SHUFFLE FORWARD, R FWD, BIG STEP BACK, DRAG, R BACK COASTER

1&2 Rock R forward (1), recover to L (&), turn ½ R and step R forward (2) (9:00)
3&4 Step L forward (3), step R together (&), step L forward (4)
5-6 Step R forward (5) big step L back and drag R heel back (6)
7&8 Step R back (7) step L together (&), step R forward (8)

S4 (25-32) L SIDE, R TOUCH, R SIDE, L TOUCH, WALK BACK L-R, BACK L COASTER, WALK FWD R-L

1&2& Step L side (1), touch R together (&), step R side (2), touch L together (&)
3-4 Step L back (3), step R back (4)
5&6 Step L back (5), step R together (&), step L forward (6)
7-8 Step R forward (7), step L forward (8)

REPEAT

ENDING NOTE – The dance ends 16 counts into wall 6. The wall begins on 9:00, but you will make the ¼ R turn and will end the dance facing 12:00

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