Sim Ou Não

拍數: 32

級數: Improver Samba

編舞者: Yo Herry P (INA) - September 2022

音樂: Sim ou não (feat. Maluma) - Anitta

Intro: 16 Count No Tag – No Restart

S1: (FORWARD, TOGETHER, FORWARD)X2, SIDE, TOUCH, SAMBA WHISK

- 1&2 Step R forward, Step L together, Step R forward
- 3&4 Step L forward, Step R together, Step L forward
- 5-6 Step R to side, Touch L beside R
- 7&8 Step L to side, Cross rock R behind L, Recover on L

S2: TURN ¼ RIGHT, TOGETHER, TURN ¼ RIGHT, TOGETHER, TURN ¼ RIGHT, TOGETHER, FORWARD, TOUCH, BACK COASTER STEP

- 1&2& Make ¼ right turn step R forward, Step on ball of L beside R, Make ¼ right turn step R forward, Step on ball of L beside R
- 3&4 Make ¼ right turn step R forward, Step on ball of L beside R, Step R forward (9.00)
- 5-6 Step L forward, Touch R forward
- 7&8 Step R back, Step L together, Step R forward

S3: BOX STEP, TURN ¼ LEFT FORWARD, TURN ¼ LEFT SIDE, TOGETHER, TURN ¼ LEFT BACK, TURN ¼ LEFT SIDE, TOGETHER

- 1&2& Step L forward, Step R to side, Step L back, Lift R knee up
- 3&4 Step R back, Step L to side, Step R forward
- 5&6 Make ¼ left step L forward, Make ¼ left step R to side, Step L together (3.00)
- 7&8 Make ¼ left turn step R back, Make ¼ left step L to side, Step R together

S4: SIDE, HIP ROLL, DIAGONAL, SIDE, TURN ¼ LEFT BACK, LIFT, BACK, TURN ¼ LEFT, TOGETHER, FORWARD, KICK, TOGETHER

- 1-2 Step L to side while Hip Roll from left to right
- 3&4& Step L forward diagonally right, Make 1/8 left turn step R to side, Make 1/4 left turn step L back, Lift R knee up
- 5&6 Step R back, Make ¼ left turn step L together, Step R forward
- 7-8 Kick L forward, Step L beside R

Begin again! Enjoy the dance

Contact : yodancesport@gmail.com





牆數:4