

Así Te Extraño AB

COPPERKNOB
STEPSHEETS

拍數: 32
編舞者: Marian Balle (ES) - October 2022
音樂: La Bachata - Manuel Turizo

牆數: 4

級數: Absolute Beginner



[1-8] BACHATA BASIC R, HIP LIFT L, BACHATA BASIC L, HIP LIFT R

- 1 Step RF to R
- 2 Step LF next to RF
- 3 Step RF to R
- 4 LF touch next to RF and hip lift L
- 5 Step LF to L
- 6 Step RF next to L
- 7 Step LF to L
- 8 RF touch next to LF and hip lift R

[9-16] STEP FORWARD, HIP SWAY X3, HITCH, STEP FORWARD, HIP SWAY X3, HITCH

- 1 Step RF forward and hip sway with weight on R
- 2 Weight change to L with hip sway
- 3 Weight change to R with hip sway
- 4 Hitch L
- 5 Step LF forward and hip sway with weight on L
- 6 Weight change to R with hip sway
- 7 Weight change to L with hip sway
- 8 Hitch R

[17-24] ROCK, ¼ TURN R, TOUCH L, TRIPLE STEP TURN, TOUCH R

- 1 Step RF to R
- 2 Recover
- 3 Step RF making ¼ turn to R (3:00)
- 4 Touch LF next to RF
- 5 Step LF making ⅛ turn to R (4:30)
- 6 Step RF next to LF
- 7 Step LF making ⅛ turn to R (6:00)
- 8 Touch RF next to LF

[25-32] JAZZ BOX WITH ¼ TURN R, JAZZ BOX

- 1 Cross RF over LF
- 2 LF step back
- 3 Step RF making ¼ turn to R (9:00)
- 4 LF together with R
- 5 Cross RF over LF
- 6 LF step back
- 7 Step RF to R
- 8 LF together with R