

Meneo

拍數: 64 牆數: 2 級數: Improver
編舞者: Antoinette Claassens (NL) - November 2022
音樂: Meneo (feat. J. Alvarez) (Xemi Canovas Remix) - Fito Blanco



Intro: 32 counts

Kick ball point, bounce heels twice, (R L)

1 & 2 RF kick fwd – RF step on ball LF point L side
&3 Lift heels – heels down
&4 Lift heels – heels down
5 & 6 LF kick fwd – LF step on ball RF point R side
&7 Lift heels – heels down
&8 Lift heels – heels down

Rock back, recover, shuffle 1/2 turn L, side rock 1/4 turn L, recover, behind side cross

1 – 2 RF rock back – back on LF
3 & 4 RF step 1/4 L fwd – LF close RF step 1/4 L back
5 – 6 LF rock 1/4 L side – back on RF
7 & 8 LF cross behind – RF step R - LF cross over

Side rock, cross shuffle, 1/2 turn R, cross shuffle

1 – 2 RF rock R side – back on LF
3 & 4 RF cross over – LF step behind - RF cross over
5 – 6 LF step aside 1/4 R RF step back 1/4 R
7 & 8 LF cross over – RF step behind - LF cross over

Side, touch, kick ball cross, side, touch, rock back, recover

1 – 2 RF step R side – LF touch next
3 & 4 LF kick fwd – LF step on ball - RF cross over
5 – 6 LF step L side – RF touch next
7 - 8 RF rock back – recover on LF

Walk forward R L, step, pivot 1/2 L, cross, unwind 1/2 L, coaster step

1 – 2 RF step fwd – LF step forw.
3 - 4 RF step fwd - RF+LF turn 1/2 L
5 RF cross over
6 RF+LF unwind 1/2 L (weight on RF)
7 & 8 LF step back – RF close LF step fwd

Cross mambo (R & L), rock forward, recover, shuffle 1/2 turn R

1 & 2 RF cross rock – back on LF RF step R side
3 & 4 LF cross rock – back on RF LF step L side
5 – 6 RF rock fwd – back on LF
7 & 8 RF step back 1/4 R – LF close RF step fwd 1/4 R

Cross mambo (L & R), rock forward, recover, triple 3/4 turn L

1 & 2 LF cross rock – back on RF LF step L side
3 & 4 RF cross rock – back on LF RF step R side
5 – 6 LF rock fwd – back on RF
7 & 8 LF step back 1/4 L – RF close 1/4 L LF step fwd 1/4 L

Side rock, recover, behind side cross, side rock, recover, coaster step

- 1 – 2 RF rock R side – back on LF
 - 3 & 4 RF cross behind – LF step L - RF cross over
 - 5 – 6 LF rock L side – back on RF
 - 7 & 8 LF step back – RF close LF step fwd
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