

Go For It

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Liang (CN) - December 2022
音樂: La Copa De La Vida - Ricky Martin



Intro: 16 from Instrument

S1: Forward RLR, Side Point, Back LRL, Side Point

1-4 step Rf forward, step Lf forward, step Rf forward, point Lf to L side
5-8 step Lf back, step Rf back, step Lf back, point Rf to R side

Restart here during W1 and W10

S2: Forward RL, Mambo, Back LR, Mambo

1-2 step Rf forward, step Lf forward
3&4 rock Rf forward, recover to Lf, step Rf back
5-6 step Lf back, step Lf back
7&8 rock Lf back, recover to Rf, step Lf forward

Restart here during W7 and W13

S3: (Side, Together, Hitches) RL

1-2 step Rf to R side, step Lf next to Rf
&3&4 hitch Rf, touch Rf next to Lf, hitch Rf, step Rf next to Lf.

Arm Option: rolling forward R fist over head on the R side during &3&4

5-6 step Lf to L side, step Rf next to Lf
&7&8 hitch Lf, touch Lf next to Rf, hitch Lf, step Lf next to Rf

Arm Option: rolling forward L fist over head on the L side during &7&8

Restart here during W16

S4: 1/4L Pivot x 2, Rock Recover, 1/4R Side, Together

1-2 step Rf forward, turn 1/4 to L recovering to Lf, 9H
3-4 = 1-2, 6H

Styling Option: hips roll anti-clockwise on the counts of 2 and 4

Ends Here naturally facing 12H during W20

5-6 rock Rf forward, recover to Lf
7-8 turn 1/4 to R stepping Rf to R side, step Lf next to Rf

Thanks and happy dancing!

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