

Cosita Linda

拍數: 64 牆數: 1 級數: Phrased Improver
編舞者: Diane Ranger (CAN) - January 2023
音樂: Cosita Linda - Jencarlos & Pitbull : (Tunes / Amazon)



Part A (32 counts)

S. 1 Walk forward L R, Forward Mambo, Walk back R L, Back Mambo.

1 2 Step L Forward, Step R Forward
3 & 4 Step L Forward, Step R Recover, Step L Back
5 6 Step R Back, Step L Back
7 & 8 Step R Back, Step L Recover, Step R Forward

S. 2 Forward L & Side Rock with 1/8 L turn pivot, Forward R & Side Rock with 1/4 R turn pivot, 5/8 left Volta turn.

1 & 2 Step L Forward, Step R Side, 1/8 Left turn Step L Recover
3 & 4 Step R Forward, 1/8 Right turn Step L Side, 1/8 Right turn Step R Recover
5 & 1/8 turn L Step L Forward Slightly across R, Step R ball beside L
6 & 1/4 turn L Step L Forward Slightly across R, Step R ball beside L
7 8 1/4 turn L Step L Forward Slightly across R, Step R Beside L

S. 3 You repeat section 2 facing (6:00).

S. 4 Forward Lock Shuffle, Forward R, L Beside R, Back Lock Shuffle, Back L, R Beside L.

1 & 2 Step L Forward, Step R Lock behind L, Step L Forward
3 4 Step R Forward, Step L Beside R
5 & 6 Step R Back, Step L Lock over of R, Step R Back
7 8 Step L Back, Step R Beside L

Part B (32 counts))

S. 1 Side L & Drag R, R Beside L, Cross Shuffle, Side Rock, Touch Forward R & L.

1 2 Step L Side and drag the R, Step R Beside L
3 & 4 Cross L over R, Step R Side, Cross L over R
5 6 Step R Side, Step L Recover
7 & 8 Step R Forward Touch, Step R Beside L, Step L Forward Touch

S. 2 Side mambos, Samba Whisks.

1 & 2 Step L Side, Step R Recover, Step L Beside R
3 & 4 Step R Side, Step L Recover, Step R Beside L
5 & 6 Step L Side, Step R Behind L, Step L Recover
7 & 8 Step R Side, Step L Behind R, Step R Recover

Sections 3 & 4 you repeat sections 1 & 2.

TAG: (16 counts)

1 2 Step L Side, Step R Recover
3 & 4 Cross L over R, Step R Side, Cross L over R
5 6 Step R Side, Step L Recover
7 & 8 Cross R over L, Step L Side, Cross R over L

Repeat the same 8 counts.

Sequence: ABA – Tag – ABA, ending: Step L Side and drag R.

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