

5 Sentíos

拍數: 32 牆數: 4 級數: Beginner
編舞者: Francisca Pons Estelrich (ES) - January 2023
音樂: 5 SENTÍOS - India Martínez & Andy Rivera



INTRO: 16 COUNTS

(1 – 8) RUMBA BOX WITH HOLDS

1 – 2 – RF step to R side, LF close RF
3 – 4 – RF step forward, hold
5 – 6 – LF step to side L, RF close LF
7 – 8 – LF step backward, hold

(9 – 16) ROCK SIDE, CROSS, HOLD (X2)

1 – 2 – RF rock to R side, recover LF
3 – 4 – RF cross over LF, hold
5 – 6 – LF rock to L side, recover RF
7 – 8 – LF cross over RF, hold

(17 – 24) STEP SIDE, BEHIND, SLIDE SIDE, DRAG (X2)

1 – 2 – RF step to R side, LF behind RF
3 – 4 – RF big step to R side, LF drag to RF
5 – 6 – LF step to L side, RF behind LF
7 – 8 – LF big step to L side, RF drag to LF

(25 – 32) ROCK FORWARD CROSS, STEP BACKWARD, TOUCH, ROCK FORWARD, 1/4 STEP SIDE, TOUCH

1 – 2 – RF rock forward cross, recover LF
3 – 4 – RF step backward, LF touch beside RF
5 – 6 – LF rock forward, recover RF
7 – 8 – 1/4 LF step onto L, RF touch beside LF

ENDING: ATER 12 COUNTS WALL 14 (9:00)

(1 - 4) – 1/4 STEP BACK – STEP SIDE, STEP FORWARD, TOUCH

1 – 2 – 1/4 LF backward onto R (12:00), RF step to R side
3 – 4 – LF step forward, RF touch beside LF

NO TAGS, NO RESTARTS

OPTION: MOVE ARMS AS VIDEO

START AGAIN

DANCE IS THE AWAKENING OF THE SENSES

Last Update: 26 Jan 2023