

La Invitación

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Hiroko Carlsson (AUS) - February 2023
音樂: La Invitación - Kenia OS : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] Hip-Hip-Hip 1/4L, Shuffle Fwd, Rocking Chair, Rock Fwd-Back

1&2 Stepping R to the side/hip bump to the right, Hip bump to the left, Hip bump to the right making a ¼ turn left/popping L knee (9:00)
3&4 Shuffle forward on L-R-L
5&6& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
7&8 Rock forward on R, Replace weight on L, Step back on R

[S2] Hip-Hip-Hip 1/4R, Shuffle Fwd, Rocking Chair, Quick Pivot 1/4R-Fwd

1&2 Stepping L to the side/hip bump to the left, Hip bump to the right, Hip bump to the left making a ¼ turn right/popping R knee (12:00)
3&4 Shuffle forward on R-L-R
5&6& Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
7&8 Step forward on L, Make a ¼ turn right recover weight on R (9:00), Step forward on L

[S3] L Paddle Turn, Cross Rock-Side, R Paddle Turn, Cross Rock-Side

1 2 Step forward on R, Make a ¼ turn left recover weight on L
3&4 Rock R over L, Replace weight on L, Step R to the side
5 6 Step forward on L, Make a ¼ turn right recover weight on R
3&4 Rock L over R, Replace weight on R, Step L to the side

[S4] Fwd Rock-Back, Back-1/4R-Cross, Side Rock Turn 3/4L, Step-Pivot 1/2L

1&2 Rock forward on R, Replace weight on L, Step back on R
3&4 Step back on L slightly dip down, Make a ¼ turn right stepping R to the side (6:00), Cross L over R
5 6 Rock R to the side making a ¼ turn left (3:00), Recover/step forward on L
7 8 Step forward on R, Make a ½ turn left recover weight on L (9:00)

No tags or restarts

Ending suggestion: The last Wall finishes at 6:00 o'clock. Make a swift ½ turn left on ball of L foot to the front wall. Then, step R together.

(updated: 22/Feb/23)