

Lo Mejor

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gregory Danvoie (BEL) & Mike Liadouze (FR) - May 2023
音樂: SIMPLY THE BEST - Black Eyed Peas, Anitta & El Alfa



Introduction : 16 counts

[1-8] WALK FWD x2, MAMBO FWD, ½ L WALK FWD x2, MAMBO ¼ L

1-2 Step RF forward, Step LF forward
3&4 Rock RF forward, Recover on LF back, ¼ turn L... Step RF back (9:00)
5-6 ¼ turn L... Step LF forward, Step RF forward (6:00)
7&8 Rock LF forward, Recover on RF back, ¼ turn L... Step LF side (3:00)

[9-16] CROSS, HOLD, SIDE, CROSS SHUFFLE, SIDE ROCK, BALL STEP ¼ R, STEP FWD

1-2 Cross RF over LF, HOLD
&3&4 Step LF side, Cross RF over LF, Step LF side, Cross RF over LF
5-6 Rock LF side, Recover on RF side
&7-8 Step LF together, ¼ turn R... Step RF forward, Step LF forward (6:00)

[17-24] STEP FWD, PONY STEP FWD, CROSS ROCK, SWEEP ¼ L, SAILOR CROSS

1-2 Step RF forward, Step LF together hitching R knee
&3-4 Step RF forward, Step LF together hitching R knee, Step RF forward
5-6 Cross rock LF over RF, Recover on RF back sweeping LF back
7&8 ¼ turn L... Step LF behind LF, Step RF side, Cross LF over RF (3:00)

[25-32] MAMBO SIDE x2, SYNCHOPATED ROCKING CHAIR ¼ L, STEP ½ L w/ FLICK

1&2 Rock RF side, Recover on LF side, Step RF together
3&4 Rock LF side, Recover on RF side, Step LF together
5&6& ⅛ turn L... Rock RF forward, Recover on LF back, ⅛ turn L... Rock RF back, Recover on LF forward (12:00)
7-8 Step RF forward, ½ turn L... Step LF forward flicking RF back (6:00)

[33-40] (WALK FWD x2, SHUFFLE FWD) x2 IN A CIRCLE ¾ L

1-2 ⅛ turn L... Step RF forward, ⅛ turn L... Step LF forward (3:00)
3&4 ⅛ turn L... Step RF forward, Step LF together, ⅛ turn L... Step RF forward (12:00)
5-6 ⅛ turn L... Step LF forward, ⅛ turn L... Step RF forward (9:00)
7&8 Step LF forward, Step RF together, Step LF forward

[41-48] (CROSS, POINT SIDE, CROSS SAMBA TOGETHER ⅛ L) x2

1-2 Cross RF over LF, Touch L toe side
3&4 ⅛ turn L... Cross LF over RF, Step RF side, Step LF together (7:30)
5-6 Cross RF over LF, Touch L toe side
7&8 ⅛ turn L... Cross LF over RF, Step RF side, Step LF together (6:00)

[49-56] PRESS FWD, HOLD, MAMBO w/ HIP ROLL, BATUCADAS x2, POINT FWD, HOLD

1-2 Press R ball forward, HOLD
3&4 Rock RF forward rolling R hip clockwise, Recover on LF back, Step RF back
5&6& Press L ball forward rolling L hip counter clockwise, Step LF back, Press R ball forward rolling R hip clockwise, Step RF back
7-8 Touch L toe forward, HOLD

Easy option : replace BATUCADAS by TOUCH FORWARD

[57-64] POINT FWD, POINT SIDE, SAILOR STEP, CROSS ROCK, SWEEP ¼ R ROCK BACK w/ KICK

1-2 Touch L toe forward, Touch L toe side
3&4 Cross LF behind RF, Step RF side, Step LF side
5-6 Cross rock RF over LF, Recover on LF back sweeping RF back
7-8 ¼ turn R... Rock RF back kicking LF forward, Recover on LF forward (9:00)

Ending: On 8th wall after 30 counts make STEP ¼ TURN L FLICK instead of ½ TURN ! Have FUN !!! □

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