Perfidia

拍數: 32	牆數: 1	級數: Tango-Rumba Rhythm

編舞者: V. Allen L. Isidro (USA) - August 2023

音樂: Perfidia - Mantovani

Note: Music & Motion series III are for seniors using cane but would like to try without it & go on a slow routine, at least during the length of the music.
Caveat: Please have a chair on the side readily available if dancer needs to hold for stability.

Set 1 Forward walk on 2 count, walk on 2 count, step, together, side, hold (SSQQS)

1-2-3-4   Forward L – hold - forward R - hold

5-6-7-8   Forward L - side R - touch L next to R - hold

Set 2 Walk back, walk back, coaster, hold (SSQQS)

1-2-3-4   Back L- hold - back R - hold

5-6-7-8   Back L - together R - forward L - hold

Set 3 Crossing rock steps right and left (QQS-QQS)

1-2-3-4   Cross R - recover L - cross R - hold

5-6-7-8   Cross L - recover R - cross L - hold

Set 4 Cross, side, back, back, back, leaning back hold with "corte" arm-stretch

1-2-3-4   Cross R - side L - back R - hold

5-6-7-8   Back L - back R - lean back with forward L arm & R arm-stretch back-hold

START ALL OVER

ldvali1955@gmail.com