

Un Poquito

拍數: 32 牆數: 4 級數: Improver
編舞者: Rachael McEnaney (USA) & Jo Thompson Szymanski (USA) - October 2023
音樂: Un Poquito - Diego Torres & Carlos Vives



Count In: Dance begins 16 counts from the start of the track, dance begins on vocals.

Notes: No tags or restarts. Jo and Rachael choreographed this dance while in Mallorca. Jo was wandering round some stores in Palma de Mallorca and heard the track playing on the radio.

[1 - 8] SKATE R-L, R DIAGONAL SHUFFLE, SKATE L-R, L DIAGONAL SHUFFLE

1 2 Skate R to right diagonal [1]. Skate L to left diagonal [2] 12.00
3 & 4 Step R to right diagonal [3]. Step L next to R [&]. Step R to right diagonal [4] 12.00
5 6 Skate L to left diagonal [5]. Skate R to right diagonal [6] 12.00
7 & 8 Step L to left diagonal [7]. Step R next to L [&]. Step L to left diagonal [8] 12.00

[9 - 16] SYNCOPATED CROSS ROCK R - L, R TOUCH FWD, R BACK, L TOUCH FWD, L BACK, R TOUCH FWD, HEEL TWIST

1 2 & Cross rock R over L [1]. Recover weight L [2]. Step R to right [&]. 12.00
3 4 & Cross rock L over R [3]. Recover weight R [4]. Step L to left/slightly back [&] 12.00
5 & 6 Touch R toe slightly forward [5]. Step R small step back [&]. Touch L toe slightly forward [6] 12.00
& 7 Step L small step back [&]. Touch R toe slightly forward [7] 12.00
& 8 On balls of feet Twist both heels to right [&]. Twist both heels back to centre (weight ends L) [8].

(option: only twist the R heel) 12.00

[17 - 24] R CLOSE, L ROCK FWD, 1/2 TURN L SHUFFLE, R ROCK FWD, 1/2 TURN R SHUFFLE

& 1 2 Step R next to L [&]. Rock L forward [1]. Recover weight R [2] 12.00
3 & 4 Make 1/4 turn left stepping L to left side [3]. Step R next to L [&]. Make 1/4 turn left stepping L forward [4] 6.00
5 6 Rock R forward [5]. Recover weight L [6] 6.00
7 & 8 Make 1/4 turn right stepping R to right side [7]. Step L next to R [&]. Make 1/4 turn right stepping R forward [8] 12.00

[25 - 32] L SIDE ROCK, L CROSS, R SIDE ROCK, R CROSS, 3/4 TURNING VOLTA TURN L

1 & 2 Rock L to left side [1]. Recover weight R [&]. Cross L over R [2] 12.00
3 & 4 Rock R to right side [3]. Recover weight L [&]. Cross R over L [4] 12.00
5 & Make 1/8 turn left stepping L forward [5]. Make 1/8 turn left stepping ball of R next to L [&] 9.00
6 & Make 1/8 turn left stepping L forward [6]. Make 1/8 turn left stepping ball of R next to L [&] 6.00
7 & Make 1/8 turn left stepping L forward [7]. Make 1/8 turn left stepping ball of R next to L [&] 3.00
8 Step L slightly forward with a slight prep to left [8] 3.00

Ending DANCE ENDS FACING 12.00 - DANCE COUNTS 1 - 16, THEN STEP BALL OF R NEXT TO L AND TAKE A BIG STEP FORWARD L.

START AGAIN © HAVE FUN