

Danceability.10 - Lyrics.0

拍數: 64 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - January 2024
音樂: Baianá - Bakermat



Intro - 32 beats

S1. Step R, step turn 1/4 R, cross step R, chasse R (3 o'clock)

1-2. Step R to R, step L next to R
3-4. Turning 1/4 R, step L fwd, step R next to L
5-6. Cross R over L, step L next to R
7&8. Step R to R, step L next to R, step R to R

S2. Step R, step turn 1/4 L, cross step R, chasse R (12 o'clock)

1-2. Step R to R, step L next to R
3-4. Turning 1/4 L, step L back, step R next to L
5-6. Cross R over L, step L next to R
7&8. Step R to R, step L next to R, step R to R

S3. Step L, step turn 1/4 R, cross step R, chasse R (3 o'clock)

1-2. Step L to L, step R next to L
3-4. Turning 1/4 R, step L fwd, step R next to L
5-6. Cross R over L, step L next to R
7&8. Step R to R, step L next to R, step R to R

S4. Step R, step turn 1/4 R, cross step R, chasse R (6 o'clock)

1-2. Step R to R, step L next to R
3-4. Turning 1/4 R, step L fwd, step R next to L
5-6. Cross R over L, step L next to R
7&8. Step R to R, step L next to R, step R to R

S5. Step R out, in x 2, step R fwd, back, R kick ball step

1-2. Step R out R, return
3-4. Rpt 1-2
5-6. Step R fwd, return
7&8. Kick R out fwd, step L on the spot, step R next to L

S6. Step L out, in x2, step L, 1/4 cross turn L, 1/4 shuffle turn L

1-2. Step L out L, return
3-4. Rpt 1-2
5-6. Step L fwd, turning 1/4 L, cross R over L
7&8. 1/4 shuffle turn L

S7. V step R , reverse V step R

1-2. Step R diagonally fwd, step L diagonally fwd L
3-4. Step R diagonally back L, step L next to R
5-6. Step R diagonally back R, step L diagonally back L
7-8. Step R diagonally fwd L, step L next to R

S8. Rpt S7.