

Bonita La Vi

拍數: 32 牆數: 4 級數: High Improver
編舞者: Silje Meldal (NOR) - February 2024
音樂: BONITA - Daddy Yankee



Intro: 16 counts

[1-8] BOTAFOGO, BOTAFOGO, WALK, WALK, MAMBO STEP

1&2 Cross RF over LF(1) step/rock LF to left(&) recover weight onto RF(2)(12.00)
3&4 Cross LF over RF(3) step/rock RF to right(&) recover weight onto LF(4)(12.00)
5-6 Walk forward RF(5) walk forward LF(6)(12.00)
7&8 Rock RF forward(7) recover back to LF(&) step RF back(8)(12.00)

[9-16] ½ TURN, ½ TURN, COASTER STEP, ½ TURN, ½ TURN, COASTER STEP

1-2 Turn ½ to left and step LF forward(1) turn ½ to left and step RF back(2)(12.00)
3&4 Step LF back(3) step RF together(&) step LF forward(4)(12.00)
5-6 Turn ½ to right and step RF forward(5) turn ½ to right and step LF back(6)(12.00)
7&8 Step RF back(7) step LF together(&) step RF forward(8)(12.00)*

[17-24] SAMBA WHISK, SAMBA WHISK, LOCK/STEP ¼ TURN, SHUFFLE ¼TURN

1a2 Step LF to left(1) rock/step RF back(a) recover to LF(2)(12.00)
3a4 Step RF to right(3) rock/step LF back(a) recover to RF(4)(12.00)
5-6 ¼ turn left step LF forward(5) lock/step RF behind LF(6)(09.00)
7&8 ¼ turn left step LF forward(7) step RF next to LF(&) step LF forward(8)(06.00)

[25-32] MAMBO/STEP, SHUFFLE ½ TURN, ¼ TURN, STEP, HIP SWAY

1&2 Rock RF forward(1) recover back to LF(&) Step RF back(06.00)
3&4 Turn ¼ left and step LF to left(3) step RF together(&) turn ¼ left and step LF
forward(4)(12.00)
5-8 Turn ¼ left and step RF to right with hip sway(5) sway hip to L-R-L, end with weight on
LF(6-8)(09.00)

Restart with step change on wall 3 and 7 after 16 counts. Step change:

*Instead of R coaster, do a rock/step back on RF and recover to LF(15-16).

Restart dance.

Thanks to my dear friend and mentor Tanja Enget for helping me finish the dance♥☐