

Fria

拍數: 64 牆數: 2 級數: Improver
編舞者: Rob Fowler (ES) - February 2024
音樂: Fria - Enrique Iglesias & Yotuel



(No Tags or Restarts)

Intro: 16 counts (approx. 8s)

S1: R Cross Samba, L Cross Samba, Rock Fwd, Recover, Shuffle ½ Turn R

1&2 Step R fwd across L, rock L out to L side, recover weight on R
3&4 Step L fwd across R, rock R out to R side, recover weight on L
5,6 Rock fwd on R, recover weight on L
7&8 Make ½ turn R stepping fwd on R, step L next to R, step fwd on R [6:00]

S2: L Cross Samba, R Cross Samba, Rock Fwd, Recover, Chasse ¼ Turn L

1&2 Step L fwd across R, rock R out to R side, recover weight on L
3&4 Step R fwd across L, rock L out to L side, recover weight on R
5,6 Rock fwd on L, recover weight on R
7&8 Make ¼ turn L stepping L to L side, step R next to L, step L to L side [3:00]

S3: Diamond ¾ Turn R

1&2 Cross R over L, step L to L side, make 1/8 turn R stepping back on R [4:30]
3&4 Step back on L, make ¼ turn R stepping R to R side, step fwd on L [7:30]
5&6 Step fwd on R, make ¼ turn R stepping L to L side, step back on R [10:30]
7&8 Step back on L, make 1/8 turn R stepping R to R side, cross step L over R [12:00]

S4: Side R, Together L, R Chasse, Cross Rock, Recover, L Chasse

1,2 Step R to R side, step L next to R
3&4 Step R to R side, step L next to R, step R to R side
5,6 Cross rock L over R, recover weight on R
7&8 Step L to L side, step R next to L, step L to L side [12:00]

S5: Syncopated Cross Rocks, Side R, Cross L, Full Unwind R, R Chasse

1&2& Cross rock R over L, recover weight on L, rock R out to R side, recover weight on L
3&4 Cross rock R over L, recover weight on L, step R to R side
5,6 Cross step L over R, unwind full turn R (weight on L)
7&8 Step R to R side, step L next to R, step R to R side [12:00]

S6: Syncopated Cross Rocks, Step L ¼ L, Step R, ½ Turn L, L Coaster

1&2& Cross rock L over R, recover weight on R, rock L out to L side, recover weight on R
3&4 Cross rock L over R, recover weight on R, make ¼ turn L stepping fwd on L [9:00]
5,6 Step fwd on R, make ½ turn L (weight back on R)
7&8 Step back on L, step R next to L, step fwd on L [3:00]

S7: Step R, Pivot ½ L, Step R, Pivot ½ L, Cross Rock, Recover With Sweep, R Sailor

1,2,3,4 Step fwd on R, make ½ turn L (weight on L), step fwd on R, make ½ turn L (weight on L)
(non-turning option for counts 1-4: R Rocking Chair)
5,6 Cross rock R over L, recover weight on L and sweep R around
7&8 Step R behind L, step L to L side, step R to R side [3:00]

S8: Cross Rock, Recover, Chasse ¼ L, Step R, Pivot ½ L, Full Turn L

1,2 Cross rock L over R, recover weight on R

3&4 Step L to L side, step R next to L, make $\frac{1}{4}$ turn L stepping fwd on L [12:00]
5,6 Step fwd on R, make $\frac{1}{2}$ turn L (weight on L)
7,8 Make $\frac{1}{2}$ turn L stepping back on R, make $\frac{1}{2}$ turn L stepping fwd on L [6:00]
(non-turning option for counts 7-8: Walk R, Walk L)

Start Over
