

Despues Que Bailamos

拍數: 32 牆數: 4 級數: Improver
編舞者: Maili Põldpere (EST) - December 2023
音樂: Después que Bailamos - Descemer Bueno & Gente de Zona



Restart: in wall 5, dance 16 counts and then start from the beginning

SECTION 1- SIDE TOUCH (2X), SIDE, CLOSE, SIDE, TOUCH, SIDE TOUCH (2X), SIDE, CLOSE, SIDE, SCUFF

1&2& Step RF to right, touch LF next to RF, step LF to left, touch RF next to LF
3&4& Step RF to right, step LF next to RF, step RF to right, touch LF next to RF
5&6& Step LF to left, touch RF next to LF, step RF to right, touch LF next to RF
7&8& Step LF to left, step RF next to LF, step LF to left, scuff RF next to LF

SECTION 2- PADDLE TURN ½ L, CROSS SIDE TOUCH 2X

9& Step RF forward turning 1/8 to L with hip roll, LF recover
10& Step RF step forward turning 1/8 to L with hip roll, LF recover
11& Step RF step forward turning 1/8 to L with hip roll, LF recover
12& Step RF step forward turning 1/8 to L with hip roll, LF recover (facing 06:00)
13&14& Cross RF over LF, step LF to left side, touch RF in place, step RF next to LF
15&16& Cross LF over RF, step RF to right side, touch LF in place, step LF next to RF

(Restart here in wall 5)

SECTION 3- HEEL GRINDS & ROCKING CHAIR (2x)

17-18& Cross R heel over L grinding R heel, Step L to left, Step RF next to LF (slightly diagonally back) (07:30)
19&20& Rock LF fwd, recover RF, rock LF back, recover RF
21-22& Cross L heel over R grinding L heel, Step R to right, Step LF next to RF (slightly diagonally back) (04:30)
23&24& Rock RF fwd, recover LF, rock RF back, recover LF (06:00)

SECTION 4- TURN ¼ L, TOUCH ¼ SIDE, TURN ¼ R, TOUCH ¼ SIDE, PADDLE TURN ¾ L, TOUCH

25&26& Press RF fwd, recover LF while turning ¼ to L (03:00), touch RF to the side while making ¼ to L (12:00), recover LF
27&28& Press RF side turning ¼ to R (03:00), recover LF, touch RF to the side while making ¼ to R (06:00), recover LF
29& On ball of LF press RF to the side while turning ¼ to L (03:00), recover LF
30& Press RF side turning ¼ to L (12:00), recover LF
31&32 Press RF side turning ¼ to L (09:00), recover LF, touch RF next to LF