

Bendecido

拍數: 32 牆數: 2 級數: Improver
編舞者: Rince MRY (INA), Novi3NLD (INA) & Titi Kasese (INA) - March 2024
音樂: Bendecido - Dale Pututi & Randy Malcom



NO TAG NO RESTART

*Start dance after intro 48 counts (53')

S1. KICK HOOK-LOCK SHUFFLE FORWARD-ROCK FORWARD-1/2 TURN TO LEFT CHASSE

1 - 2 R Kick forward- R heel up cross over L Leg
3 & 4 Step R forward, L cross lock behind R, Step R forward
5 - 6 Step L forward, Recover on L
7 & 8 1/4 Turn to Left Step L to side, Step R close beside L, 1/4 Turn to Left Step forward

S2. 1/4 TURN TO LEFT CHASEE-BACK LOCK SHUFFLE-ANCHOR STEP (R-L)

1 & 2 1/4 Turn to Left Step R to side, Step L close beside R, Step R to side
3 & 4 Step L back, Step R cross over L, Step L back
5 & 6 Step R behind L, Step L in place, Step R in place
7 & 8 Step L behind R, Step R in place, Step L in place

S3*SIDE ROCK-CROSS SHUFFLE-1/2 TURN TO LEFT CROSS SHUFFLE-SIDE ROCK *

1 - 2 Step R to side, Recover on R
3 & 4 Step R cross over L, Step L to side, Step R cross over L
5 & 6 1/2 turn to left Step L cross over R, Step R to side , Step L cross over R
7 - 8 Step R to side , Recover on R

S4*PADDLE TURN 1/2 TO LEFT -MONTREY 1/4 TURN TO RIGHT*

1 - 4 Turn 1/4 to Left Step R touch toe to R side, Turn 1/4 to left Step R touch toe to R side
5 - 8 Step R to side touch, Turn 1/4 to Right Step R close beside L, Step L to side touch, Step L close beside R

Happy dance & healthy ☐☐☐
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