

Fria 2024

拍數: 32 牆數: 2 級數: Improver
編舞者: Judy Rodgers (USA) - March 2024
音樂: Fría - Enrique Iglesias & Yotuel



16 count intro No tags or Restarts

S1: Cross Samba R & L, cross turn 1/4 R, coaster step

1&2 Cross R over L, rock L to left side, recover R (moving fwd L diag)
3&4 Cross L over R, rock R to right side, recover L (moving fwd R diag)
5-6 Cross R over L, turn 1/4 right step L back 3:00
7&8 Step R back, step L beside R, step R fwd

S2: Step hold, & rock recover, cross turn 1/4 L, step lock step

1-2 Step L to left side, hold
&3-4 Step R beside L, rock L to left, recover R
5-6 Cross L over R, turn 1/4 left step R back 12:00
7&8 Step L back, lock R over L, step L back

S3: Side behind side, sync rocking chair, cross side rock, cross turn 1/4 L

1-2& Step R to right side, step L behind R, step R to right
3&4& Rock L fwd, recover R, rock L back, recover R (right diagonal)
5-6& Cross L over R, rock R to right side, recover L
7-8 Step R behind L, turn 1/4 left step L fwd 9:00

S4: & heel hold, & toe & heel, & step, turn 1/4 L bounce, bounce, bounce

&1-2 Step R back, tap L heel fwd, hold
&3&4 Step L down, tap R toe beside L, step R back, tap L heel fwd
&5 Step L down, step fwd R
6-8 Turning 1/4 left bounce, bounce, bounce (weight to L) 6:00

Last Update: 30 Mar 2024