

Bendita

拍數: 64 牆數: 2 級數: Improver
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音樂: Bendita Tu Luz - Maná



Note:

- Intro (16C)
- No Tag, 2x Restarts (on wall 1 after 32C, on wall 2 after 48C)

S1# DOUBLE STEP (R - L)

- 1 - 4 step RF to side, close LF next to RF, step RF to side, close touch LF next to RF
- 5 - 8 step LF to side, close RF next to LF, step LF to side, close touch RF next to LF

S2# K - STEP

- 1 - 4 step RF diagonally fwd, close touch LF next to RF, step LF back to center, close touch RF next to LF
- 5 - 8 step RF diagonally bwd, close touch LF next to RF, step RF back to center, close touch RF next to LF

S3# R VINE - L ROLLING VINE

- 1 - 4 step RF to side, cross LF behind RF, step RF to side, touch LF to side
- 5 - 8 1/4 L step LF fwd, 1/2 L step RF back, 1/4 L step LF to side, touch RF next to LF

S4# CROSS - TOUCH - CROSS - TOUCH - 1/2 L PIVOT - FWD - TOGETHER

- 1 - 4 cross RF over LF, touch LF to side, cross LF over RF, touch RF to side
- 5, 6 step RF fwd, 1/2 turn L recover on LF
- 7, 8 step RF fwd, close LF next to RF

(Restart Here on Wall 1)

S5# WALK FWD (R - L - R) - KICK FWD - WALK BACK (L - R - L) - CLOSE TOUCH

- 1 - 4 step RF fwd, LF fwd, RF fwd, kick LF fwd
- 5 - 8 step LF bwd, RF bwd, LF fwd, close touch RF next to LF

S6# SIDE - RECOVER - WALK IN PLACE

- 1, 2 step RF to side, recover on LF
- 3, 4 close RF next to LF, close touch LF in place
- 5, 6 step LF to side, recover on RF
- 7, 8 close LF next to RF, close touch RF in place

(Restart here on wall 2)

S7# SIDE - CLOSE TOUCH - SIDE - CLOSE TOUCH - SWAY

- 1, 2 step RF to side, close touch LF next to RF
- 3, 4 step LF to side, close touch RF next to LF
- 5 - 8 step RF to side with sway to R, L, R, L

S8# PADDLE TURN - JAZZBOX WITH CROSS

- 1, 2 step RF fwd, 1/4 L hip roll in while transferring weight to LF
- 3, 4 step RF fwd, 1/4 L hip roll in while transferring weight to LF
- 5 - 8 cross RF over LF, step LF back, step RF to side, cross LF over RF

Happy Dancing !!!!

Best Regards,

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Last Update - 29 Jun. 2024 - R1
