

Fria

拍數: 32 牆數: 1 級數: High Beginner
編舞者: Montse Bou (ES) - July 2024
音樂: Fria - Enrique Iglesias & Yotuel



No Tags / Restarts

R HEEL GRIND, R COASTER, L HEEL GRIND, L COASTER

1-2 Touch R heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ R (3:00)
3&4 Step R back, Step L beside R, Step R forward
5-6 Touch L heel fwd with toes facing in, swivel toes out while turning $\frac{1}{4}$ L (12:00)
7&8 Step L back, Step R beside L, Step L forward

R ROCK FWD, RECOVER, SHUFFLE $\frac{1}{2}$ TURN R, L ROCKING-CHAIR.

9-10 Rock fwd on R, recover weight on L
11&12 Make $\frac{1}{2}$ turn R stepping fwd on R, step L next to R, step fwd on R (6:00)
13-14 Step forward on L, recover back on R
15-16 Step back on L, recover forward on R

DIAMOND (HEXAGON) w. SHUFFLE

17-18 Cross L over R, step R to R side
19&20 Shuffle Diagonal-back LRL (facing 11.00)
21-22 Cross R behind L, step L to L side
23&24 Shuffle Diagonal-forward RLR (facing 11.00)

CROSS-SIDE, CROSS SHUFFLE, L STEP BACK W. $\frac{1}{2}$ TURN R, STOMP

25-26 Cross L over R (facing 12.00), step R to R side
27&28 Cross-shuffle travelling to right side RLR
29-30 Rock fwd on R, recover weight on L
31-32 Step R back with $\frac{1}{2}$ turn R, Stomp L beside R.

Start again!
