

Si Antes

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nathalie LATERRIERE (FR) - August 2024
音樂: Si Antes Te Hubiera Conocido - KAROL G



Start : 32 counts on the lyrics

S1 :WALK, WALK, TRIPLE FORWARD, 1/2 T R, TRIPLE FORWARD [12:00 - 6:00]

1-2 Walk RF, walk LF
3&4 Step forward onto RF, step LF next to RF, Step forward onto RF
5-6 Step forward onto LF, turn 1/2T R recovering weight onto RF (6 :00)
7&8 Step forward onto LF, step RF next to LF, Step forward onto LF

S2 :SYNCPATED ROCK STEPS, SIDE ROCK R, CROSS TRIPLE [6:00 - 6:00]

1-2 Rock forward onto RF, recover onto LF
&3-4 Step RF next to LF, Rock forward onto LF, recover onto RF
&5-6 Step LF next to RF, Rock RF to R side, recover onto LF
7&8 Step RF across LF, step LF to L, Step RF across LF

S3 :SIDE ROCK L, BEHIND SIDE CROSS, 1/4 PADDLE TURN WITH HIP ROLLS [6:00 - 3:00]

1-2 Rock LF to L side, recover onto RF
3&4 Cross LF behind RF, step RF to R, step LF across RF
5-6 Step RF on the R diagonal starting rolling your hips forward, turn 1/8T L weight on LF rolling your hips backwards (end weight onto LF) (6 :00)
7-8 Step forward onto RF starting rolling your hips forward, turn 1/8T L rolling your hips backwards (end weight onto LF) (3 :00)

S4 :WEAVE L, 1/2 T L, KICK BALL CHANGE [3:00 - 9:00]

1-2 Step RF across LF, step LF to L
3-4 Cross RF behind LF, step LF to L
5-6 Step forward onto RF, turn 1/2 T L (9 :00)
7&8 Kick RF forward, step ball of RF next to LF, step LF next to RF

End of the dance : The end of the dance starts facing 3 :00 .

Dance to the end of section 2 facing 9 :00 but replace the counts 7&8 of the CROSS TRIPLE by TRIPLE FORWARD 1/4 T R to end the dance facing 12 :00