

M&M III Perfidia Tango

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 1 級數:
編舞者: V. Allen L. Isidro (USA) - November 2024
音樂: Perfidia - Mantovani



Note: Music & Motion series III are for seniors using cane but would like to try without it & move on a slow routine, at least during the length of the music. Developed with the help & in memory of Mary Ann Notz (1934-2024)

Caveat: Please have a chair on the side readily available if dancer needs to hold for stability.

Set 1 Forward walk on 2 count, walk on 2 count, step, together, side, hold (SSQQS)

1-2-3-4 Forward L – hold - forward R - hold
5-6-7-8 Forward L - side R - touch L next to R - hold

Set 2 Walk back, walk back, coaster, hold

1-2-3-4 Back L- hold - back R - hold
5-6-7-8 Back L - together R - forward L - hold

Set 3 Crossing rock steps right and left

1-2-3-4 Cross R - recover L - cross R - hold
5-6-7-8 Cross L - recover R - cross L - hold

Set 4 Cross, side, back, back, back, leaning back hold with “corte” arm-stretch

1-2-3-4 Cross R - side L - back R - hold
5-6-7-8 Back L - back R - lean back diagonal with forward L arm & R arm-stretch back-hold

START ALL OVER
