

Este

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dea Sarah Carissa (INA) - November 2024
音樂: ESTE - El Alfa & Nfasis



No tag - No restart - Intro 16 counts

SECTION 1 : SAMBA WHISK- (R-L) – SCISSOR – HIP BUMP

1 & 2 Step R to side, Rock L behind R, Recover on R
3 & 4 Step L to side, Rock R behind L, Recover on L
5 & 6 Step R to side, Close L together, Cross R over L
7 & 8 Step L beside R and bump to left – Bump to right – Bump to left

SECTION 2: BIG STEP – SWAY – TOUCH – ¼ TURN PIVOT

1 – 2 Big step R to side, Drag L toward R
3 – 4 Sway to right, Sway to left
5 & 6 Touch R to side, Touch R beside L, Touch R to side
7 – 8 Step R forward, Turn ¼ left with hip roll recover on L

SECTION 3: SYNCOPATED CROSS – MAMBO (L-R)

1 & 2 Cross R over L, Step L to side, Cross R over L
&3 & 4 Step L to side, Cross R over L, Step L to side, Cross R over L
5 & 6 Rock L forward, Step R in place, Close L together
7 & 8 Rock R backward, Step L in place, Close R together

SECTION 4: SYNCOPATED CROSS – ½ TURN PADDLE

1 & 2 Cross L over R, Step R to side, Cross L over R
&3&4 Step R to side, Cross L over R, Step R to side, Cross L over R
5 & 6 & Touch R to side, Hitch R, Turn ¼ left touch R to side, Hitch R
7 & 8 Turn ¼ to left touch R to side , Hitch R , Close R beside L

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Pekanbaru Line Dance Community (PLDC)