

Baila Zumba

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Ronald Lacoste (CAN) - December 2024
音樂: Baila Azumba (Ballo di gruppo) - Kino El Negròn



Part A (32 counts)

S. 1 Forward Walk L R L R, Side Mambo Left, Side Mambo Right.

1 2 3 4 Step L Forward, Step R Forward, Step L Forward, Step R Forward
5 & 6 Step L Side, Recover on Right, Step L beside Right
7 & 8 Step R Side, Recover on Left, Step R beside Left

S. 2 Back Walk L R L R, Side Mambo Left, Side Mambo Right.

1 2 3 4 Step L Back, Step R Back, Step L Back, Step R Back
5 & 6 Step L Side, Recover on Right, Step L beside Right
7 & 8 Step R Side, Recover on Left, Step R beside Left

S. 3 Chasse Left, Touch R to right, Hitch right knee, Touch R to right, Hitch right knee.

1 2 3 4 Step L Side, Step R beside Left, Step L Side, Touch R Together
5 6 7 8 Touch R to right, Hitch Right knee, Touch R to right, Hitch Right knee

S. 4 Chasse Right, Touch L to left, Hitch left knee, Touch L to left, Hitch left knee.

1 2 3 4 Step R Side, Step L beside Right, Step R Side, Touch L Together
5 6 7 8 Touch L to left, Hitch Left knee, Touch L to left, Hitch Left knee

Part B (32 counts)

S. 1 1/4 Turn left, Forward, Rock Fwd & Touch, Forward Walk L R, Rock Fwd & Touch

1 2 Turn 1/4 left stepping L forward, Step R Forward
3 & 4 Step L Forward, Recover on Right, Touch Left Forward
5 6 Step L Forward, Step R Forward
7 & 8 Step L Forward, Recover on Right, Touch Left Forward

S. 2 Rocking Chair, 1/2 Turn right, Together L, In place R

1 2 3 4 Step L Forward, Recover on Right, Step L Back, Recover on Right
5 6 7 8 Step L Forward, 1/2 Turn right recover on R, Step L Beside Right, Step R in place

S. 3 Forward Walk L R, Rock Fwd & Touch, Forward Walk L R, Rock Fwd & Touch

1 2 Step L forward, Step R Forward
3 & 4 Step L Forward, Recover on Right, Touch Left Forward
5 6 Step L Forward, Step R Forward
7 & 8 Step L Forward, Recover on Right, Touch Left Forward

S. 4 Rocking Chair, Rock Forward, 1/4 Turn left, Together R

1 2 3 4 Step L Forward, Recover on Right, Step L Back, Recover on Right
5 6 7 8 Step L Forward, Recover on Right, 1/4 Turn left stepping L side, Step R beside Left

Part C (32 counts)

S. 1 Side L, Sway R L R, 1/4 Left Walk Around.

1 2 Step L Side (hands up to left), Step R in place (hands up to right)
3 4 Step L in place (hands down to left), Step R in place (hands down to right)
5 6 7 8 1/8 Turn left Step L Fwd, 1/8 Turn left Step R Fwd, Step L Fwd, Step R Fwd

Sections 2, 3 & 4 repeat section 1 facing (9:00), (6:00) & (3:00)

Sequence: ABC - ABC - ABCC - B - Ending: Step L Side, Recover on Right, Step L beside Right

Submitted by : STEPHANE BEAUCHAMP - Email: htinc@videotron.ca
