Bailarina



編舞者: Angéline Fourmage (FR) - 8 December 2024

音樂: Bailarina - MIMAA & El Speaker



Start: 8 Counts

Sequence: No tag No restart

[1-8] Diamond 1/8 L, Mambo, Step-Turn ½ R, Flick, Mambo 1/8 R, Cross

1&2 Cross LF over RF, Make 1/8 L with RF Back on L Diagonal, LF Back

3&4 RF Back, Recover to LF, RF FW 5-6 LF FW, Make ½ R with L Flick back

7&8 Make 1/8 R with LF to the L side, Recover to RF, Cross LF over RF

[9-16] Step Back ¼ L, Sweep, Step, Coaster-Step, Step-Turn ½ R, Cross Samba

1-2 Make ¼ L with RF Back with L Sweep from front to the Back, LF Back

3&4 RF Back, LF next to RF, RF FW

5-6 LF FW, ½ R

7&8 Cross Samba Back (Cross LF behind RF, RF to the R side, Recover to LF)

[17-24] Ball, Step FW 1/4 L, Volta 3/4 L, Sweep, Rock-Step, Triple-Step

&1&2 RF next to LF, Make ¼ L with LF FW, RF next to LF, Make ¼ L with LF FW

&3&4& RF next to LF, Make ¼ L with LF FW, RF next to LF, Make ¼ L with LF FW, R Sweep from

back to the front

5-6 RF FW, Recover to LF

7&8 RF back, LF next to RF, RF Back

[25-32] Rock-Step, Triple ½ R, Back, Touch, Back, Touch, Coaster-Step

1-2 LF Back, Recover to RF

3&4 Make ¼ R with LF to the L side, RF next to LF (Option: Cross RF over LF), Make ¼ R with

LF Back

&5&6 RF Back, Touch LF FW, LF Back, Touch RF FW

7&8 RF Back, LF next to RF, RF FW

[33-40] Rock-Step, Weave, Rock-Step, Weave

1-2 LF to the L side, Recover to RF

3&4 LF behind RF, RF to the R side, Cross LF over RF

5-6 RF to the R side, Recover to LF

7&8 RF behind LF, LF to the L side, Cross RF over LF

[41-48] Mambo, Cross, Mambo, Cross, Step-Turn ½ R, Full-Turn

1&2 LF to the L side, Recover to RF, Cross LF over RF3&4 RF to the R side, Recover to LF, Cross RF over LF

5-6 LF FW, ½ R

7-8 Full-Turn (Make ½ R with LF Back, Make 1/2 R with RF FW) (option: walk, walk)

[49-56] Rock-Step, Weave, Rock-Step, Weave

1-2 LF to the L side, Recover to RF

3&4 LF behind RF, RF to the R side, Cross LF over RF

5-6 RF to the R side, Recover to LF

7&8 RF behind LF, LF to the L side, Cross RF over LF

[57-64] Mambo, Cross, Mambo, Cross, Rock-Step, Triple-Turn ¾ L

1&2	LF to the L side, Recover to RF, Cross LF over RF
3&4	RF to the R side, Recover to LF, Cross RF over LF
5-6	LF FW, Recover to RF
7&8	Triple-Turn ¾ L (Make ½ L with LF FW, RF next to LF, Make ¼ L with LF FW)
[65-72] Ro	ck-Step, Step, Touch, Rock-Step, Step, Touch
1-2	RF FW, Recover to LF
3-4	RF FW, Touch LF next to RF
5-6	LF FW, Recover to RF
7-8	LF FW, Touch RF next to LF
[73-80] Ro	ck-Step ¼ L, Rock-Step ¼ L, Jazz-Box
1-2	Make 1/4 L with RF to the R side, Recover to LF
3-4	Make ¼ L with RF to the R side, Recover to LF
5-6	Cross RF over LF, LF Back
7-8	RF to the R side, LF next to RF
[81-88] Po	int, Flick, Step FW, Point, Flick, Step FW, Paddle-Turn, Side
1&2	Point RF to the R side, Flick RF to the R side, RF FW
3&4	Point LF to the L side, Flick LF to the L side, LF FW
5-6	Make ¼ L with R Point to the R side, Make ¼ L with R Point to the R side
7-8	Make ¼ L with R Point to the R side, Make ¼ L with RF to the R side (Weight is on RF)
[89-96] Sai	ilor-Step, Mambo FW, Mambo Side, Cross Samba, Cross, Side, Drag
1&2	Cross LF behind RF, RF to the R side, LF to the L side
3&4&	RF FW, Recover to LF, RF to the R side, Recover to LF
5&6	Cross RF over LF, LF to the L side, Recover to RF

Cross LF over RF, RF to the R side with L Drag next to RF

7-8

Smile and enjoy the dance Contact: maellynedance@gmail.com

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