

Rosa Mi Amor

拍數: 32 牆數: 1 級數: Beginner - Afro
編舞者: Jim PAVADÉ (FR) - December 2024
音樂: Rosa - Ridsa



**** 2 restarts**

The dance begins with the weight of the body on the left foot

Section 1 [1 – 8]: Walk-Walk-Walk, Hitch with Left hip bump

Back-Back-Back, Hitch with Right hip bump

1 2 3 4 RF forward (1), LF forward (2), RF forward, Hitch with Left hip bump (12:00)

5 6 7 8 LF back (5), RF back (6), LF back, Hitch with Right hip bump

Section 2 [9 – 16]: Back Paddle to Right (1/2 turn), Paddle to Left (1/2 turn),

1 & 2 & RF to side (1) (01:30), recover on LF (&), RF to side (2) (03:00), recover on LF (&),

3 & 4 RF to side (3), (04:30) recover on LF (&), RF to side (4) (06:00)

5 & 6 & LF to side (5) (04:30), recover on RF (&), LF to side (6) (03:00), recover on RF (&),

7 & 8 LF to side (7), (01:30) recover on RF (&), LF to side (8) (12:00)

Restart here on wall 5 and 8

Section 3 [17 -24]: Afro Right F & Left F Side Mambo on 4 diagonals

1 & 2 1/8 turn left and RF to side (1), LF in place (&), RF closed to LF (2) (10:30)

3 & 4 ¼ turn right and LF to side (3), RF in place (&), LF closed to RF (4) (01:30)

5 & 6 ¼ turn right and RF to side (5), LF in place (&), RF closed to LF (6) (04:30)

7 & 8 ¼ turn right and LF to side (7), RF in place (&), LF closed to RF (8) (07:30)

Section 4 [25 -32]: Jazz Box X 2

1 2 1/8 turn left and RF cross over LF (1) (06:00), LF back (2),

3 4 ¼ turn right and RF to side (3) (09:00) – LF forward (4)

5 6 RF cross over LF (5), LF back (6),

7 8 ¼ turn right and RF to side (7) (12:00) – LF forward (8)

Final: At the end of the 9th wall, point RF over LF opening both arms.

Enjoy!