

La Luna

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jolene Pearly Vun (MY)
音樂: La Luna - Belinda Carlisle



SIDE ROCK CROSS, HOLD, HIP ROLL WITH ¼ TURN RIGHT TWICE

- 1-2 Rock right to right, recover weight onto left
- 3-4 Cross right over left and hold
- 5-6 Step left forward, roll hip in to the right with ¼ turn right
- 7-8 Step left forward, roll hip in to the right with ¼ turn right (facing 6:00)

SIDE ROCK CROSS, HOLD, HIP ROLL WITH ¼ TURN LEFT TWICE

- 1-2 Rock left to left, recover weight onto right
- 3-4 Cross left over right and hold
- 5-6 Step right forward, roll hip in to the left with ¼ turn left
- 7-8 Step right forward, roll hip in to the left with ¼ turn left (facing 12:00)

STEP, STEP, STEP, POINT (TWICE) (KNEES SLIGHTLY BENDING)

- 1-2 Step right in place, step left beside right
- 3-4 Step right in place, point left beside right
- 5-6 Step left in place, step right beside left
- 7-8 Step left in place, point right beside left

POINT OUT, STEP IN (TWICE), POINT TO SIDE, STEP DOWN WITH BODY ROLL (TWICE)

- 1-2 Point right to right, step right beside left
- 3-4 Point left to left, step left beside right
- 5-6 Point right to right, putting weight down onto right with a to the right body roll
- 7-8 Point left on the spot, putting weight onto left with a to the left body roll

Arm movement: with both elbows at the waist level and both hands resting on the stomach

- 1 Open right palm out to right at waist level (½ circle)
- 2 Sweeping back right palm onto stomach (½ circle)
- 3 Open left palm out to left at waist level (½ circle)
- 4 Sweeping back left palm onto stomach (½ circle)

HIP ROLL TWICE, ROCK BACK, RECOVER, STEP FORWARD AND HOLD

- 1-2 Point right diagonally forward and roll hip in to the right movement
- 3-4 Roll hip in to the right movement
- 5-6 Rock back on right, recover onto left
- 7-8 Step right forward and hold

PIVOT ½ TURN RIGHT, STEP FORWARD AND HOLD, HIP ROLL TWICE

- 1-2 Step forward left, pivot ½ turn right
- 3-4 Step forward left and hold
- 5-6 Point right diagonally forward and roll hip in to the right movement
- 7-8 Roll hip in to the right movement

SIDE ROCK CROSS, HOLD, SIDE ROCK CROSS, HOLD

- 1-2 Rock right to right, recover weight onto left
- 3-4 Cross right over left and hold
- 5-6 Rock left to left, recover weight onto right
- 7-8 Cross left over right and hold

CROSS ROCK BEHIND, RECOVER, CROSS STEP FORWARD AND HOLD (TWICE)

- 1-2 Cross rock right behind left, recover weight onto left
- 3-4 Cross step forward with sweeping right over left and hold
- 5-6 Cross rock left behind right, recover weight onto right
- 7-8 Cross step forward with sweeping left over right and hold

Arm movements:

- 1-2 Sweeping right arm behind body in to the left circular motion
- 3-4 Sweeping right arm forward and skyward, hold
- 5-6 Sweeping left arm behind body in to the right circular motion
- 7-8 Sweeping left arm forward and skyward, hold

REPEAT

RESTART

At the 3rd wall (facing 12:00), dance first 24 counts, then restart
