

La Rueda

拍數: 32 牆數: 4 級數: Beginner
編舞者: Susan Bangonkale (SG)
音樂: La Rueda - Frankie Ruiz



MAMBO RIGHT, LEFT AND BACK, ½ PIVOT RIGHT TURN & ROLL

1&2 Rock right on right, rock back onto left, step back on right
3&4 Rock left on left, rock back onto right, step back on left
5&6 Rock back on right, rock forward onto left, step forward on right
7-8& Step left forward ½ pivot turn ending with right toe pointing next to left, hip roll

RIGHT KICK, BODY ROLL, TOE TOUCHES, SAILOR STEPS

1&2 Right kick forward, step back right, left
3&4 Body roll
5&6 Touch right out to right, recover and left out to left
7&8 Step left behind right, recover and step left slightly forward

FULL TURN, ROCK ¼ RIGHT ¼ LEFT, ¼ RIGHT SAILOR

1-2 Step right forward and full right turn
3&4 Rock right ¼ to the right, rock left ¼ to the left, recover on the right
5&6 Rock left ¼ to the left, rock right ¼ to the right, recover on the left
7&8& Rock right behind left with ¼ right turn, recover on the left, step right slightly forward

Switch weight to the left

ROCK ¼ TWICE, BACK MAMBO, PIVOT ½ TURN, HITCH

1-2 Rock right ¼ to the right, recover on left
3-4 Repeat 1-2
5&6 Rock back on right, rock forward onto left, step forward on right
7-8 Step left forward ½ turn on the ball, hitch on the right with body leaning slightly back

REPEAT
