Mexican Pop

拍數: 48

級數: Intermediate cha cha

編舞者: Mona Puente (USA)

音樂: Carino Mio - RBD

SIDE, ROCK, RECOVER, LOCKING TRIPLE, FORWARD, LOCK

- 1 Step left to left
- 2 Rock right back (5th position), popping left knee
- 3 Recover weight to left
- 4&5 Locking triple forward (right-left-right) angling body to forward left diagonal
- 6 Step left forward, angling body to forward right diagonal
- 7 Lock right behind left, popping left knee

WEAVE, ROCK, RECOVER, WEAVE, TAP, PRESS

- 8&1 Step left behind right, step right to right, cross left over right
- 2 Rock right to right
- 3 Recover weight to left
- 4&5 Step right behind left, step left to left, cross right over left
- 6 Tap left toe slightly to left of right
- 7 Press ball of left to forward left diagonal

IN-OUT-KICK, BEHIND, SIDE, CROSSING TRIPLE, STEP, TOGETHER

- 8&1 Turn left knee in (to right), turn left knee out (to left), low kick of left toward forward left diagonal
- 2 Step left behind right
- 3 Step right to right
- 4&5 Step left over right, step right to right, step left over right
- 6 Step right to right
- 7 Close left beside right

HEELS-TOES-HEELS, ROCK, RECOVER, KICK-BALL-CROSS, SWAY, SWAY

- 8&1 Traveling to right swivel heels to right, swivel toes to right, swivel heels to right
- 2 Rock left back (5th position), popping right knee
- 3 Recover weight to right
- 4&5 Low kick of left to forward left diagonal, step ball of left slightly back, step right over left
- 6 Rock left to left, swaying to left
- 7 Rock right to right, swaying to right

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

- 8&1 Step left to left, close right beside left, step left to left
- 2 Rock right forward (5th position), popping left knee
- 3 Recover weight to left
- 4&5 Step right to right, close left beside right, step right to right
- 6 Rock left forward (5th position), popping right knee
- 7 Recover weight to right

HALF TURN TRIPLE TO LEFT, FULL TURN LEFT, SCISSOR, SIDE, COASTER-CROSS

- 8&1 Turn ¼ to left stepping left to left, close right beside left, turn ¼ to left stepping left forward
- 2 Turn ¹/₂ to left stepping right back (easier option: walk forward with right)
- 3 Turn ¹/₂ to left stepping left forward (easier option: walk forward with left)
- 4&5 Step right to right, close left beside right, step right over left





牆數: 2

6	Step left to left
7&8	Step right back, close left beside right, step right over left

REPEAT

Dance ends during 7th repetition facing front wall. Strike a pose, turning knee in on count 16