

No Regrets

拍數: 40 牆數: 4 級數: Beginner international rumba
編舞者: Suzie Jacob (UK)
音樂: Nada De Esto Fue Un Error - Coti, Paulina Rubio and Julieta Venegas



STEP SIDE TOUCH TWICE, RIGHT VINE

- 1-2 Step right foot to right side, touch left foot beside right
- 3-4 Step left foot to left side, touch right foot beside left
- 5-8 Right vine (step right foot to right side, step left foot behind right, step right foot to the side and touch left foot next to right)

STEP SIDE TOUCH TWICE, LEFT VINE

- 1-2 Step left foot to left side, touch right foot beside left
- 3-4 Step right foot to right side, touch left foot beside right
- 5-8 Left vine (step left foot to left side, step right foot behind left, step left foot to the side and touch right foot next to left)

ROCK - SHUFFLE ½ TURNS

- 1-2 Rock forward on right foot, rock back on left foot
- 3&4 Right shuffle steps turning into a ½ turn right (right, left, right)
- 5-6 Rock forward on left foot, rock back on right foot
- 7&8 Left shuffle step turning into a ½ turn left (left, right, left)

CROSS ROCK, CHASSE RIGHT

- 1-2 Cross step right foot over left, recover on left foot
- 3&4 Step right foot on to right, bring left to meet right foot, step right foot to right
- 5-6 Cross step left foot over right, recover on right foot
- 7&8 Step left foot to left, bring right foot to meet left foot, step left foot to left

TOE STRUTS, ¼ RIGHT JAZZ BOX

- 1-2 Step right toe forward, step heel down
- 3-4 Step left toe forward, step left heel down
- 5-6 Cross right over left turning 1/8 right step left back
- 7-8 Turning 1/8 right step right to side, step left next to right putting weight on left foot

REPEAT
