

拍數: 64      牆數: 4      級數:  
編舞者: Peter Metelnick (UK)  
音樂: La Parranda (Remix Radio Mix) - Gloria Estefan



## RIGHT SIDE SHUFFLE, HIP BUMPS, LEFT SIDE SHUFFLE, HIP BUMPS

- 1&2      Step right foot to right side, step left foot together, step right foot to right side  
3&4      Bump hips right-left-right  
5&6      Step left foot to left side, step right foot together, step left foot to left side  
7&8      Bump hips left-right-left (weight ends on left foot)

## RIGHT SIDE SHUFFLE, SYNCOPATED LEFT & RIGHT CROSS ROCK STEPS, 2 HEEL SPLITS

- 1&2      Step right foot to right side, step left foot together, step right foot to right side  
3&4      Cross step left foot over right foot and rock forward, recover weight on right foot, step left foot together  
5&6      Cross step right foot over left foot and rock forward, recover weight on left foot, step right foot together  
&7&8      Split heels apart, turn heels together, split heels apart, turn heels together (weight ends on right foot)

## LEFT SIDE SHUFFLE, SYNCOPATED RIGHT & LEFT CROSS ROCK STEPS WITH ¼ LEFT TURN, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 1&2      Step left foot to left side, step right foot together, step left foot to left side  
3&4      Cross step right foot over left foot and rock forward, recover weight on left foot, step right foot together  
5&6      Cross step left foot over right foot and rock forward, recover weight on right foot, step left foot together turning ¼ left  
7-8      Step right foot forward, pivot ½ left

## WALK FORWARD 4, HIP BUMPS RIGHT TWICE, LEFT TWICE

- 1-4      Walk forward right-left-right-left  
5-8      Bump hips right twice, bump hips left twice

## SYNCOPATED SIDE ROCK STEPS RIGHT & LEFT, RIGHT FORWARD COASTER STEP, ½ LEFT & LEFT FORWARD SHUFFLE

- 1&2      Step right foot to right side and rock, recover weight on left foot, step right foot together (alternate: touch right foot to right side, step right foot together)  
3&4      Step left foot to left side and rock, recover weight on right foot, step left foot together (alternate: touch left foot to left side, step left foot together)  
5&6      Step right foot forward, step left foot together, step right foot back  
7&8      Pivot ½ left on right foot and step left foot forward, step right foot together, step left foot forward

## SYNCOPATED SIDE ROCK STEPS RIGHT & LEFT, RIGHT FORWARD COASTER STEP, ½ LEFT & LEFT FORWARD SHUFFLE

- 1-8      Repeat previous 8 counts

## RIGHT FORWARD SYNCOPATED ROCK STEP, LEFT SLIDE TOGETHER & CLAP twice, REPEAT ALL REVERSED

- 1&2      Rock step right foot forward, recover weight on left foot, step right foot back  
3&4      Slide left foot together keeping weight on right foot, clap twice  
5&6      Rock step left foot forward, recover weight on right foot, step left foot back  
7&8      Slide right foot together keeping weight on left foot, clap twice

**RIGHT FORWARD SYNCOPATED ROCK STEP, LEFT SLIDE TOGETHER & CLAP TWICE, REPEAT ALL REVERSED**

1-8                    Repeat previous 8 counts

**REPEAT**

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