Senoritas Sway

拍數: 64

級數: Intermediate

編舞者: Donna Marie Bilodeau (USA)

音樂: Dance the Night Away - The Mavericks

Dedicated in memory of Marion Bilodeau

TWO SHUFFLES WITH HEEL TOUCH

- 1&2-3-4 Shuffle right (right-left-right), left heel touch left, hold
- 5&6-7-8 Shuffle left (left-right-left), right heel touch right, hold

SHUFFLE, ¼ TURN, ROCKS, SHUFFLE BACK, ROCKS

- 9&10-11-12 Shuffle (right-left-right) with ¼ turn right, rock forward left, rock back in place right
- 13&14-15-16 Shuffle back (left-right-left), rock back right, rock forward in place left

FOUR MILITARY TURNS LEFT

- 17-18 Step forward on right foot, pivot 1/4 turn left on left foot
- 19-20 Step forward on right foot, pivot 1/4 turn left on left foot
- 21-22 Step forward on right foot, pivot 1/4 turn left on left foot
- 23-24 Step forward on right foot, pivot ¹/₄ turn left on left foot

CROSS SIDE SHUFFLES, SIDE ROCKS

- 25&26 Step right across left and keep feet in crossed position traveling left shuffle (right-left-right)
- 27-28 Keep right foot in place touch left toe to left side, hold

FOUR MILITARY TURNS RIGHT

- 29-30 Step forward on left foot, pivot 1/4 turn right on right foot
- 31-32 Step forward on left foot, pivot 1/4 turn right on right foot
- 33-34 Step forward on left foot, pivot 1/4 turn right on right foot
- Step forward on left foot, pivot 1/4 turn right on right foot 35-36

CROSS SIDE SHUFFLES, SIDE ROCKS

- 37&38 Step left across right and keep feet in crossed position traveling right shuffle (left-right-left)
- Keep left foot in place touch right toe to right side, hold 39-40

TWO SYNCOPATED SIDE TOUCHES, AND HOLDS

- &41 Step right foot next to left foot, touch left toe to left side
- &42 Step left foot next to right foot, touch right toe to right side
- &43-44 Step right foot next to left foot, touch left toe to left side, hold
- &45 Step left foot next to right foot, touch right toe to right side
- &46 Step right foot next to left foot, touch left toe to left side
- &47-48 Step left foot next to right foot, touch right toe to right side, hold

ROCK STEPS FORWARD & BACK, TRIPLE STEP

- 49-50 Rock step forward with right foot, step in place with left foot
- 51-52 Rock step back with right foot, step in place with left foot
- 53-54 Rock step forward with right foot, step in place with left foot
- 55&56 Step right next to left, step left in place, step right in place

ROCK STEPS FORWARD & BACK, TRIPLE STEP

- 57-58 Rock step forward with left foot, step in place with right foot
- 59-60 Rock step back with left foot, step in place with right foot





牆數:4

61-62	Rock step forward with left foot, step in place with right foot
63&64	Step left next to right, step right in place, step left in place

REPEAT