

Spanish Lullaby

拍數: 27 牆數: 2 級數: Improver waltz
編舞者: Johanna Barnes (USA) & Zac Detweiller (USA)
音樂: A La Nanita Nana - The Cheetah Girls



RIGHT BACK, LEFT SIDE, RIGHT CROSS

- 1 Right foot step back (reaching with toe)
- 2 Left foot step to left side (open body to 11:00)
- 3 Right foot step across left foot (open body to 10:00)

LEFT ¼ LEFT, RIGHT SIDE, LEFT BACK

- 1 Left foot step forward ¼ left (face 9:00) (open body to 8:00)
- 2 Right foot step to right side (open body to 7:00)
- 3 Left foot step back

RIGHT BACK, LEFT ¼ LEFT, RIGHT CROSS (WEAVE)

- 1 Right foot step back
- 2 Left foot step to the side ¼ left (face 6:00) (open body to 5:00)
- 3 Right foot step across left foot (open body to 4:00)

LEFT ¼ LEFT, RIGHT ½ SWEEP LEFT

- 1 Left foot step forward ¼ left, open to prep for sweep (face 3:00)
- 2-3 Right foot sweep ½ left, bringing right foot in front of left foot

Weight stays on left (face 9:00)

RIGHT CROSS, LEFT ¼ RIGHT, RIGHT ¼ RIGHT (½ TURN TWINKLE)

- 1 Right foot step across left foot
- 2 Left foot step back ¼ right (face 12:00)
- 3 Right foot step to the side ¼ right (face 3:00)

LEFT FORWARD CHECK STEP, RIGHT RECOVER, LEFT SIDE

- 1 Left foot step forward and slightly across right foot, pushing into left foot
- 2 Right foot recover weight (back onto right foot)
- 3 Left foot step to left side (open body to 2:00)

RIGHT CROSS, LEFT ¼ RIGHT, RIGHT ½ RIGHT, LEFT STEP

- 1 Right foot step across left foot
- 2 Left foot step back ¼ right (face 6:00)
- & Right foot step ½ forward right (face 12:00)
- 3 Left foot step forward

HOLD, 'GROW' ARMS WITH RIGHT ARM FORWARD, LEFT ARM BACK

- 1-3 While holding foot position (left foot forward), raise right arm forward and left arm back (palms down) in contra-body position. Use a rounded movement to achieve a soft "growing effect." Also, slightly bend left knee compressing down, right foot is stretched back

ARMS COLLECT WITH UNWIND ½ RIGHT, HOLD

- 1 ½ unwind right, bring both arms down (still using rounded movement), as you collect them in toward your body (collapse from elbows), leaving weight back on left foot, right toe will be pointed forward. (face 6:00)

- 2-3 Hold

You may want to 'grow' your arms out to the sides to end and begin the dance again

REPEAT

RESTART

The dance restarts by dropping off the last 3 counts (the $\frac{1}{2}$ unwind/hold) at the end of the 3rd wall, and at the end of the 6th wall. You will start both the 3rd and 4th walls at your start wall (12:00) as well as the 6th and 7th walls

END OF MUSIC:

Wall 7 slows down just before the syncopated $\frac{3}{4}$ right turn to 12:00 (counts 19-21). Match your dance steps to the music and finish by doing a slow $\frac{1}{2}$ turn right and hold a pose

This choreography is danced on angles. Think diagonals. To achieve this, turn the foot out as you take the step and angle your body toward that position. The first 6 counts comprise a partial left turning box. Think of following a diamond shape
