

Suavemente

拍數: 32 牆數: 4 級數: Improver
編舞者: Roy Verdonk (NL), Darren Bailey (UK) & Raymond Sarlemijn (NL)
音樂: Suavemente - Elvis Crespo



KICK AND TOUCH, SIDE TOGETHER, CROSS SHUFFLE, MAMBO CROSS

- 1&2 Kick right foot forward & step back on right foot, touch left foot next to right foot making a ¼ turn right
3-4 Step left foot to left side, step right foot next to left foot
5&6 Cross left foot over right foot, & step right foot to right side, cross left foot over right foot
7&8 Rock right foot to right side, & recover onto left foot, cross right foot over left foot

PADDLE TURNS ½ TURN RIGHT, HIP BUMPS WITH FULL TURN

- 1&2 Rock left foot to left side & recover onto right foot, making a ¼ right rock left foot to left side
&3&4& Recover on right foot, making a ¼ turn right rock left foot to left side & recover onto right foot, step right foot forward
5-6 Making a ¼ turn left touch right foot to right side and bump hips up, making another ¼ turn left step back on right foot
7-8 Making a ¼ turn left touch left foot to left side and bump hips up, making another ¼ turn left step forward on left foot

OUT, OUT, IN, IN, SAMBA ROLL FORWARD

- 1-2 Step forward and out with right foot, step forward and out with left foot
3-4 Step back and in with right foot, step back and in with left foot)
5&6 Step forward on right foot & lock left foot behind right foot making a ¼ turn left, making a ¼ left, step back on right foot
7&8 Making a ¼ left step left foot to left side, & lock right foot behind left foot making a ¼ left step forward on left foot

Last 4 counts should be dance as a samba roll

MAMBO'S, FORWARD, BACK, RIGHT AND LEFT

- 1&2 Rock forward on right foot, & recover onto left foot, step right foot next to left foot
3&4 Rock back on left foot, & recover on to right foot, step left foot next to right foot
5&6 Rock right foot to right side, & recover onto left foot, step right foot next to left foot
7&8 Rock left foot to left side, & recover onto right foot, step left foot next to right foot

REPEAT