

This Is Perfection

拍數: 32 牆數: 4 級數: Improver
編舞者: Emma Dalton
音樂: Hips Don't Lie - Shakira



LEFT RHUMBA BOX, LEFT SIDE CHASSE, TRIPLE FULL TURN RIGHT

1&2 Step left to left side, close right next to left, step forward left
3&4 Step right to right side, close left next to right, step backwards right
5&6 Step left to left side, close right next to left, step left to left side
7&8 Triple step left, right, left in place while turn a full turn to right (12:00)

Option if you do not wish to turn the triple step in place

LEFT RHUMBA BOX, LEFT LOCK STEP TRAVELING BACK, MAMBO BACK

9&10 Step left to left side, close right next to left, step forward left
11&12 Step right to right side, close left next to right, step backwards right
13&14 Step back left and lock right in front, step back left
15&16 Step back on right and rock onto it, recover left, step right next to left

WEAVE RIGHT, CROSS MAMBO ROCK, WEAVE LEFT, CROSS MAMBO ROCK

17&18& Step left over right, right to right side, step left behind right, right to right side
19&20 Cross rock onto left, recover on right, left next to right
21&22& Step right over left, left to left side, right behind left, left to left side
23&24 Cross rock onto right, recover on left, step right next to left

SIDE ROCK LEFT, STEP FORWARD, SIDE ROCK RIGHT, STEP FORWARD

25&26 Rock to left side, recover on right, step forward on left
27&28 Rock to right side, recover on left, step forward on right

Styling: circle same arm as side rock arm above head like a hairbrush move

PADDLE HALF TURN TO RIGHT BUMPING HIPS

29-30-31-32 Touch left foot to left side, bumps hips. Repeat four times while completing a half turn to the right

Styling: give it lots of hip movement like your belly dancing

REPEAT
