

Us

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maggie Marquard (USA)
音樂: All For Love - Color Me Bad



STEP, PIVOT, SHUFFLE, ROCK, STEP, CROSS, HOLD, SIDE, CROSS, SIDE

1-2 Step right forward, pivot ½ turn left
3&4 Step right forward, step left next to right, step right forward
5&6 Rock left to left side, step right to right side slightly back, cross left over right
7&8 Step right to right side, step left crossing in front of right, step right to right side (cross shuffle)

LEFT SAILOR STEP, RIGHT SAILOR STEP WITH ¼ TURN RIGHT

1&2 Cross left behind right, step right to right side, step left to left side
3&4 Cross right behind left, step left into ¼ turn right, step right forward
5&6 Repeat 1&2
7&8 Repeat 3&4

STEP, PIVOT, STEP, BUMP & BUMP, BUMP & BUMP, BUMP & BUMP

1&2 Step left forward, pivot ½ turn right, step left forward
3&4 Step forward on right bumping hips right, bump hips left, bump hips right
5&6 Step forward on left bumping hips left, bump hips right, bump hips left
7&8 Step forward on right bumping hips right, bump hips left, bump hips right

POINT, CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP FORWARD LEFT, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

1-2 Point left to left side, step left crossing in front of right
3&4 Step right to right side, step left behind right, step right forward into ¼ turn right
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, step right next to left, step left forward

REPEAT

When dancing to "Baila Esta Cumbia" by Selena, try to do Cuban hips on the shuffles and on the cross shuffle.