

Valenti!

拍數: 88 牆數: 2 級數: Intermediate
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音樂: Valenti (English Version) - BoA



SIDE TOUCH, TOGETHER, KICK-BALL-CROSS, TOGETHER, JUMP (FEET APART), JUMP (FEET CROSS), ½ LEFT UNWIND, FORWARD WALK

- 1& Touch right toe to right, bring right close together to left (taking weight onto right),
2&3-4 Kick left forward, step on ball of left slightly back, cross right over left, step left close together to right
8&5 Jump slightly as you push both feet apart, jump slightly again as you now draw both feet inwards to a position of right crossed over left. (you should end up with feet apart, both legs forming a 'x')
6-8 Unwind ½ left (put weight on left), walk forward on right, left

SIDE, ¼ RIGHT MODIFIED SAILOR TURN, RECOVER, BACK STEP, TRAVELING BACK FULL RIGHT TURN, SIDE TOUCH, ½ RIGHT MODIFIED MONTEREY TURN

- 9 Step right to right
10&11 Cross left behind right, execute ¼ right turn and then step right to right, rock forward as you step left forward
12 Recover weight onto right
&13-14 Step left back, execute ½ right turn on ball of left and step right forward, execute another ½ right turn on ball of right and step left back
15-16 Touch right toe to right, execute ½ right turn on ball of left as you bring and touch right toe close together to left

SIDE TOUCH, TOGETHER TOUCH, FLICK, TOGETHER, ¼ LEFT TURN SCUFF, FORWARD STEP, ¼ LEFT TURN, ¼ LEFT SHUFFLE, ¼ LEFT TURN

- 17-18 Touch right toe to right, touch right toe close together to left
&19 Flick right back and out to right, step right close together to left
20-21 Scuff left beside right as you execute ¼ turn left on ball of right, step left forward
22&23 Execute ¼ left turn and then step right to right, step left beside right, step right to right making a ¼ turn left
24 Execute ¼ turn left and then step left to left

CROSS ROCK, RECOVER, 2 COUNTS LONG SIDE SLIDE AND DRAG, ½ LEFT TURN AND SIDE STEP, STYLISH PIVOT ½ LEFT TURN, HIP BUMPS

- 25& Cross rock right over left, recover weight onto left,
26-27 Over 2 counts, slide right to right (taking long step) as you drag left toe towards right
28 Execute ½ turn left on ball of right and step left to left
29-30 Step right forward, pivot ½ turn left with weight remaining on right.

For better styling, press right hips down and lift left heel up with both knees slightly flexed as though in a "sitting" position

- 31&32& Bump hips up, down, up, down

SIDE, TOGETHER, FORWARD LOCK STEPS, SIDE, ¼ LEFT TURN AND TOGETHER, CROSS SHUFFLE

- 33-34 Step left to left, step right beside left
35&36 Step left forward, lock step right behind left, step left forward
37-38 Step right to right, execute ¼ left turn and then step left beside right
39&40 Cross right over left, step left to left, cross right over left

SCISSORS STEP, CHARLESTON STEP, ½ LEFT PIVOT TURN, SIDE STEP

- 41&42 Step left to left, step right beside left, cross left over right

- 43-44 Swing and touch right toe forward, swing and step right behind left
- 45-46 Swing and touch left toe back, swing and step left in front of right
- 47&48 Step right forward, pivot ½ turn left (weight ends on left), step right to right (shoulder width apart)

HIP ROLL, TOE TAPS

- 49-51 Over 3 counts, roll a hip roll to the left (weight ends on left)
- 52&53 With right knee slightly flexed - tap right toe forward, towards right diagonal, and lastly to right side

TOGETHER, SIDE, TOGETHER, BACK, BACK TOUCH, PIVOT ½ RIGHT TURN, ½ RIGHT TURN AND BACK STEP, FIGURE '4' HOOK

- 54 Bring right close together to left (taking weight)
- 55&56 Step left to left, step right beside left, step left back
- 57-58 Touch right toe back (with leg straighten), pivot ½ turn right (put weight onto right)
- 59-60 Execute another ½ turn right on ball of right and step left back, hook right behind left shin

MAMBO CROSS, MAMBO CROSS, FORWARD, ¾ LEFT TWIST TURN, ¾ RIGHT UNWINDING TWIST TURN, AERIAL RONDE

- 61&62 Rock right to right, recover weight onto left, cross right over left
- 63&64 Rock left to left, recover weight onto right, cross left over right
- 65 Step right forward
- 66 Twist upper body left making a ¾ turn left (you will end up with legs crossed)
- 67 Unwind/release the twist as you allow your upper body to rotate ¾ turn right taking weight onto left)
- 68-69 Sweep right around from front to back (note: this is an aerial ronde, so it should be swept high above ground), step right behind left

MAMBO CROSS, SIDE CHASSE, COASTER STEP, TOUCH

- 70&71 Rock left to left, recover weight onto right, cross left over right
- 72&73 Step right to right, step left beside right, step right to right
- 74&75 Step left back, step right beside left, step left forward
- 76 Touch right toe beside left

FORWARD ROCK, RECOVER, SAILOR STEP, JAZZ BOX

- 77-78 Rock right forward, recover weight onto left
- 79&80 Step right behind left, step left to left, step right to right
- 81-84 Cross left over right, cross right over left, step left back, step right close together to left

OUT-OUT, HIP BUMPS

- 85-86 Stomp left forward and slightly out to left, stomp right forward and slightly out to right (shoulder width apart)
- 87-88& Bump hips left, right, left in the rhythm of '87-88-&'. (for better styling, hitch right slightly towards left on the last hip bump)

REPEAT

TAG

On the 3rd rotation, dance up to the 64th count, then add in the following and then continue from the 65th count till the end of the rotation

FORWARD WALK

- 1-2 Walk forward on right, left

ENDING

On the 5th rotation, dance up to the 40th count, then add in the following:

OUT-OUT, HIP BUMPS, SIDE TOUCH

- 1-2 Stomp left forward and slightly out to left, stomp right forward and slightly out to right (shoulder width apart)
- 3-4&5 Bump hips left, right, left in the rhythm of '3-4- &'. (for better styling, hitch right slightly towards left on the last hip bump), touch right toe to right with a 'cool' pose
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