

Havana

拍數: 64 牆數: 1 級數: Intermediate/Advanced
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音樂: Havana (Dance Mix) - Kenny G



HUSTLE STEP, SHUFFLE, WALK, WALK, SHUFFLE

&1-2 Step left foot back, step right foot back next to left, step left foot forward
3&4 Shuffle forward right, left, right
5-6 Walk step forward left, walk step forward right
7&8 Shuffle forward left, right, left

ROLLING TURN TO RIGHT, CLAPS, ROLLING TURN TO LEFT CLAPS

1-2 Turn $\frac{1}{4}$ right step right foot forward, turn $\frac{1}{4}$ right step left foot to left side,
3&4 Turn $\frac{1}{2}$ right on ball of left and step right foot to right side, clap, clap
5-6 Turn $\frac{1}{4}$ left step left foot forward, turn $\frac{1}{4}$ left step right foot to right side,
7&8 Turn $\frac{1}{2}$ left on ball of right and step left foot to left side, clap, clap

The clap, claps are done on counts &4, &8. Leave non weighted foot pointing out to left or right sides.

STEP ROCKS, TURNING TRIPLE STEPS, HIPS STEPS FORWARD AND BACK

1-2 Rock step right foot in place (left arm out straight in front of body while right arm out to right side), rock step left in place (right arm out straight in front of body while left arm out to left side)

Pick up your foot and step on counts 1-2 even though it is a rock

3&4 Triple step right, left, right, completing a full turn right in place

On counts 3&4 the triple step turns may travel back slightly.

5-6 Step left foot forward with left hip, step right foot forward with right hip(feet shoulder width apart)

7-8 Step left foot back with left hip, step right foot back with right hip (feet shoulder width apart)

On counts 5-8, with arms down and out in front of body, palms and hands facing down, push hands down out to the side that the foot is stepping for each step. E.g., if you step right then push hands down to right side.

1-2 Step rock left foot to left side, step rock right foot in place (same as arms in the previous section, but opposite)

Pick up your foot and step on counts 1-2 even though it is a rock

3&4 Triple step left, right, left completing a full turn left in place

On counts 3&4 the triple step turns may travel back slightly.

5-6 Step right foot forward with right hip, step left foot forward with left hip (feet shoulder width apart)

7-8 Step right foot back with right hip, step left foot back with left hip (feet shoulder width apart)

On counts 5-8, with arms down and out in front of body, palms and hands facing down, push hands down out to the side that the foot is stepping for each step. E.g., if you step right then push hands down to right side.

GRAPEVINE RIGHT-ATTITUDE, GRAPEVINE LEFT-ATTITUDE

1-4 Step right to right side, cross step left behind right, step right to right side, touch point left to left side and give some attitude

5-8 Step left to left side, cross step right behind left, step left to left side, touch point right to right side with attitude

Attitude: flip head, snap arms out to side, or whatever moves you.

SYNCOPATED STEPS

&1-2 Step right back, cross step left over right, step right to right side

3&4 Cross step left behind right, step right to right side, rock step left to left side

5-6 Cross step right in front of left, step left to left side,

7&8 Cross step right behind left, step left to left side, rock step right to right side

STEP BACK, BACK, TURN ½, TRIPLE STEP, WALK, WALK, HIP STEPS

- 1-2 Step back left foot with left hip step back right foot with right hip
3&4 Turn ½ left and shuffle forward left, right, left
5-6 Walk step forward right, walk step forward left
7-8 Step right foot forward out to right side push right hip out, step left foot forward, push left hip out (feet shoulder width apart)

PADDLE TURNS ½ LEFT, FULL PADDLE TURNS RIGHT

- 1-4 With weight on ball of left turn 1/8 left & push step right next to left, repeat again, repeat again, repeat one more time but step with right and end with weight on right (counts 1-3 are done with weight on left foot) you are now facing front wall
Arms: counts 1-4 start with arms down at side and slowly raise them up above your head while turning ½ left.
5-8 With weight on ball of right turn ¼ right & push step left foot next to right, repeat again, repeat again, repeat again and keep weight on right foot. You are now facing front wall
Arms: counts 5-8 with arms above head slowly bring them back down to sides while turning one full turn right.

REPEAT

All arms in this dance are optional. Once you master the steps try the arms. We think you will like them! Its so much fun.
