

Guajira

拍數: 48 牆數: 4 級數: Intermediate cha cha
編舞者: Sebastiaan Holtland (NL)
音樂: Guajira - Chayanne



STEP BACK ROCK RECOVER LOCK SHUFFLE, STEP ¼ TURN KICK LOCK SHUFFLE

1-3 Left foot step back, right foot step back, left foot recover
4&5 Right foot step forward left foot hook behind right foot right foot step forward
6-7 Left foot step forward right foot kick with ¼ turn left
8&1 Right foot step forward left foot hook behind right foot right foot step forward

PRESS AND SWEEP HOOK AND SLIDE, MAMBO HIP ROCKS

2&3 Left foot across right foot and press sweep your leg to the left
4&5 Left foot hook behind right foot right foot recover left foot step to the left side and slide
6&7 Right foot step next to left foot left foot step in place right foot step out to right
8&1 Left foot step next to right foot right foot step in place left foot step out to left

ROCK BACK RECOVER LOCK SHUFFLE STEP, ½ PADDLE TURN STEP ½ TURN SWEEP BACK

2-3 Right foot step back left foot recover
4&5 Right foot step forward left foot hook behind right foot right foot step forward
6-7 Left foot step forward ½ turn right
8&1 Left foot step forward unwind ½ turn left sweeping left foot from front to back

STEP BACK AND HITCH LOCK SHUFFLE, STEP ¼ TURN SIDE CHASSE

2&3 Left foot step back and right foot hitch your knee
4&5 Right foot step forward left foot hook behind right foot right foot step forward
6&7 Left foot step forward with ¼ turn left right foot step to the right side, hold
8&1 Left foot step to the left side right foot step next to left foot left foot step to the left side

¼ TURN CHECK CHASSE RIGHT ¼ TURN CHECK, CHASSE LEFT

2-3 ¼ turn left right foot step forward left foot recover
4&5 Right foot step to the right side left foot step next to right foot right foot step to right side
6-7 ¼ turn right left foot step forward right foot recover
8&1 Left foot step to the left side right foot step next to left foot left foot step to the left side

MAMBO HIP ROCK MAMBO STEP, TOUCH FORWARD ½ TURN FLICK ½ PADDLE TURN

2&3 Right foot step next to left foot left foot step in place right foot step out to right
4&5 Left foot step forward right foot recover left foot step out to left
6-7 Right foot touch forward weight on left foot ½ turn and a flick with right foot
8& Right foot step forward with ½ paddle turn left

REPEAT
