

Como Esta

拍數: 32 牆數: 4 級數: Improver
編舞者: Stuart Collier (UK)
音樂: Tragedia - Marc Anthony



BACK CROSS ROCK, SIDE SHUFFLE, FRONT CROSS ROCK, SIDE SHUFFLE

1-2 Rock left behind right, rock forward onto right
3&4 Side shuffle to the left stepping left, right, left
5-6 Rock right over left, rock back on left
7&8 Side shuffle to the right stepping right, left, right

FORWARD SHUFFLE, FORWARD ROCK, TOE BACK ½ TURN, SHUFFLE

1&2 Forward shuffle stepping left, right, left
3-4 Rock forward onto right, rock back onto left
5-6 Point toe back, turning ½ over right shoulder step weight forward on right
7&8 Forward shuffle stepping left, right, left

MAMBOS - RIGHT, LEFT, FORWARD AND BACK

1&2 Step right to right side, back on left, step right next to left
3&4 Step left to left side, rock back on right, step left next to right
5&6 Step forward on right, rock back on left, step right next to left
7&8 Step back on left, rock back on right, step left next to right

FORWARD SHUFFLE, FORWARD ROCK, ¾ SHUFFLE TURN, SIDE SHUFFLE

1&2 Forward shuffle stepping right, left, right
3-4 Rock forward onto left, rock back onto right
5&6 ¾ shuffle turn over left shoulder stepping left, right, left
7&8 Side shuffle to the right stepping right, left, right

REPEAT
