

Contigo

拍數: 64 牆數: 4 級數: Improver
編舞者: Raymond Sarlemijn (NL)
音樂: Contigo - Victor Manuelle



STEP, HITCH, ½ TURN RIGHT, CHASSE, MAMBO STEP, COASTER STEP

- 1-2 Step right foot forward, hitch left foot up, while doing this turn ½ right
- 3&4 Step left foot forward, step next right foot to left foot, step left foot forward
- 5&6 Step right foot forward, recover on left foot, step right foot next to left foot
- 7&8 Step left foot backwards, step right foot next to left foot, step left foot forward

AND ROCK, ¼ TURN RONDE, COASTER STEP, TOO HEEL FLICK, CROSS CHASSE

- &1-2 Rock right foot forward, lock left foot behind right foot, turn ¼ over right, while doing this make ronde with right foot
- 3&4 Step right foot backwards, step left foot next to right foot, step right foot forward
- 5&6 Touch left toe next to right foot, touch left heel next to right foot, flick left foot heel up
- 7&8 Cross left foot in front right foot, step right foot next to left foot, cross left foot in front right foot

TOO HEEL FLICK, CROSS CHASSE, ROCK ½ TURN RONDE, SAILOR STEP

- 1&2 Touch right toe next to left foot, touch right heel next to left foot, flick right heel up
- 3&4 Cross right foot in front left foot, step left foot next to right foot, cross right foot in front left foot
- 5&6 Rock left foot forward, recover weight on right foot, turn ½ while doing this make a ronde with left foot
- 7&8 Cross left foot backwards right foot, step right foot next to left foot, step left foot step out to left

TIME STEPS

- 1&2 Step right foot next to left foot, weight change on left foot, step right foot out to right
- 3&4 Step left foot next to right foot, change weight to right foot, turn ¼ over left, step left foot to left
- 5&6 Step right foot next to left foot, weight change on left foot, turn ¼ over left, step right foot out to right
- 7&8 Sway left hip to left, sway right hip to right, sway hip to left and put weight on left foot

AND HOLD, TURN ½, KNEE KNEE, CHASSE, MAMBO

- &1-2 Turn ¼ over left and step right foot to right, lock left foot behind right foot, turn ¼ over left
- 3&4 Put left knee forward, put right knee forward, put right knee forward
- 5&6 Step right foot forward, step left foot next to right foot, step right foot step forward
- 7&8 Step left foot step forward, recover weight on right foot, touch left foot next to right foot

SAMBA ROLLS

- 1-2 Turn ¼ left and step left foot forward, turn ¼ left and step right foot to right
- &3-4 Cross left foot forward right foot, turn ¼ left and step right foot backwards, turn ¼ left and touch left foot next to right foot
- 5-6 Step left foot forward, turn ¼ left and step right foot to right
- &7-8 Cross left foot forward of right foot, turn ¼ left and step right foot backwards, turn ¼ left and touch left foot next to right foot

STEP OUT, TOGETHER, CHASSE, KICK AND POINT KICK AND POINT

- 1-2 Step left foot to left, step right foot next to left foot
- 3&4 Step left foot to left, step right foot next to left foot, step left foot out left
- 5&6 Kick right foot in front left foot, step right foot on spot, point left foot to left
- 7&8 Kick right foot in front left foot, step right foot on spot, point left foot to left

JAZZ BOX, TWIST SAMBA WALKS, MAMBO

- &1 Step left foot next to right foot, cross right foot in front left foot
- &2 Step left foot backwards, turn $\frac{1}{4}$ right and step right foot forward
- 3&4 Step left foot forward, step right foot next to left foot (while doing this twist hips to left, keep upper body forward), step left foot forward
- 5&6 Step right foot forward, step left foot next to right foot (while doing this twist hips to right, keep upper body forward), step right foot forward
- 7&8 Step left foot forward, recover weight on right foot, step left foot next to right foot

REPEAT

RESTART

Dance the first 32 counts when the singing begins and start again
In the third wall after the samba roll, restart at count 49
