

Camisa Negra

拍數: 0 牆數: 0 級數:
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音樂: La Camisa Negra - Juanes



Sequence: ABC, AAD, ABC, AA

PART A

BUMP (X6), MAMBO FORWARD, COASTER STEP

1&2 Bump right hip to right, bump left hip to left, bump right hip to right
3&4 Bump left hip to left, bump right hip to right, bump left hip to left
5&6 Rock right foot forward, recover the weight to left foot, right foot next to left foot
7&8 Step left foot back, right foot next to left foot, step left foot forward

SIDE ROCK, CROSS, SIDE ROCK, CROSS, STEP TURN ½ LEFT, STEP FORWARD, SHUFFLE FORWARD

1&2 Rock right foot to right, recover the weight to left foot, cross right foot across left foot
3&4 Rock left foot to left, recover the weight to right foot, cross left foot across right foot
5&6 Step right foot forward, turn ½ to left, step right foot forward
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

BUMP (X6), MAMBO FORWARD, COASTER STEP

1&2 Bump right hip to right, bump left hip to left, bump right hip to right
3&4 Bump left hip to left, bump right hip to right, bump left hip to left
5&6 Rock right foot forward, recover the weight to left foot, right foot next to left foot
7&8 Step left foot back, right foot next to left foot, step left foot forward

SIDE ROCK, CROSS, SIDE ROCK, CROSS, STEP TURN ¼ LEFT, STEP FORWARD, SHUFFLE FORWARD

1&2 Rock right foot to right, recover the weight to left foot, cross right foot across left foot
3&4 Rock left foot to left, recover the weight to right foot, cross left foot across right foot
5&6 Step right foot forward, turn ¼ to left, step right foot forward
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

PART B

STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

1&2 Step right foot to right, left foot next to right, step right foot to right
&3 Touch left foot next to right foot, step left foot to left
&4 Right foot next to left foot, step left foot to left
&5 Touch right foot next to left foot, step right foot forward
&6 Left foot next to right foot, step right foot forward
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

RIGHT MAMBO FORWARD, COASTER STEP, STEP TURN ½ LEFT, STEP FORWARD, BUMP (X3)

1&2 Step right foot forward, recover the weight to left foot, step right foot next to left foot
3&4 Step left foot back, step right foot next to left, step left foot forward
5&6 Step right foot forward, turn ½ to left, step right foot forward
7&8 Bump left hip to left, bump right hip to right, bump left hip to left

PART C

DIAGONAL STEP, LOCK, DIAGONAL STEP, TOUCH (X4)

- 1& Step right foot forward to diagonally right, lock left foot behind right foot
- 2& Step right foot forward to diagonally right, touch left foot next to right foot
- 3& Step left foot forward to diagonally left, lock right foot behind left foot
- 4& Step left foot forward to diagonally left, touch right foot next to left foot
- 5& Step right foot forward to diagonally right, lock left foot behind right foot
- 6& Step right foot forward to diagonally right, touch left foot next to right foot
- 7& Step left foot forward to diagonally left, lock right foot behind left foot
- 8& Step left foot forward to diagonally left, touch right foot next to left foot

KICK BALL STEP, SWIVELS ½ TURN RIGHT, COASTER STEP, SHUFFLE FORWARD

- 1&2 Kick right foot forward, right foot next to left foot, step left foot forward
- 3&4 Swivel to left turning ¼ to right, swivel to right, swivel to left turning ¼ to right
- 5&6 Step right foot back, step left foot next to right foot, step right foot forward
- 7&8 Step left foot forward, right foot next to left foot, step left foot forward

DIAGONAL STEP, LOCK, DIAGONAL STEP, TOUCH (X4)

- 1& Step right foot forward to diagonally right, lock left foot behind right foot
- 2& Step right foot forward to diagonally right, touch left foot next to right foot
- 3& Step left foot forward to diagonally left, lock right foot behind left foot
- 4& Step left foot forward to diagonally left, touch right foot next to left foot
- 5& Step right foot forward to diagonally right, lock left foot behind right foot
- 6& Step right foot forward to diagonally right, touch left foot next to right foot
- 7& Step left foot forward to diagonally left, lock right foot behind left foot
- 8& Step left foot forward to diagonally left, touch right foot next to left foot

KICK BALL STEP, SWIVELS ½ TURN RIGHT, COASTER STEP, SHUFFLE FORWARD

- 1&2 Kick right foot forward, right foot next to left foot, step left foot forward
- 3&4 Swivel to left turning ¼ to right, swivel to right, swivel to left turning ¼ to right
- 5&6 Step right foot back, step left foot next to right foot, step right foot forward
- 7&8 Step left foot forward, right foot next to left foot, step left foot forward

PART D

MAMBO (X4)

- 1&2 Rock right foot forward, recover the weight to left foot, step right foot next to left foot
 - 3&4 Rock left foot back, recover the weight to right foot, left foot next to right
 - 5&6 Step right foot to right, recover the weight to left foot, right foot next to left
 - 7&8 Step left foot to left, recover the weight to right foot, left foot next to right
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