

Casi Un Bolero

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kirsi-Marja Vinberg (FIN)
音樂: Casi un Bolero - Ricky Martin



CROSSES, TOUCHES, RONDÉS

- 1 Step left foot across right
- 2 Touch right toe to side
- 3 Step right foot across left
- 4 Slide left toe from back to front in a circular movement(ronde)
- 5 Step left foot across right
- 6 Touch right toe to right side
- 7 Step right foot across left
- 8 Slide left toe from back to front in a circular movement(ronde)

RONDE, CROSS, DIAGONAL STEP BACK RIGHT, DIAGONAL STEP BACK LEFT, TOUCH TOGETHER, STEP TO SIDE, TOUCH TOGETHER AND TURN ¼ LEFT

- 1 Slide left toe from front to left side in a circular movement
- 2 Step left foot diagonally back to right
- 3 Step right foot diagonally back to right
- 4 Step left foot diagonally back to left. & step right foot across left going diagonally back left
- 5 Step left foot diagonally back to left
- 6 Touch right foot together
- 7 Step right to side
- 8 Touch left together and turn ¼ left

STEPS TO SIDE-TOGETHER WITH SALSA HIPS, STEPS TO THE RIGHT SIDE, SLIDE TOGETHER

- 1 Step left to side(hips on the right)
- 2 Step right together(hips on the left)
- 3 Step left to side(hips on the right)
- 4 Step right together(hips on the left)
- & Step left to left(hips on the right)
- 5 Step right in place(hips on the left)
- 6 Step left together
- 7 Step right to side
- 8 Slide left toe together(knee is hooked, a beginning of developé)

Easier option for these 8 counts

- 1-4 Left to side, right together, left to side, right touches together
- 5-8 Right to side, left together, right to side, left toe slides together without salsa hips

DEVELOPÉ, CROSS, TOUCH TO THE SIDE, STEP TOGETHER, LEFT ½ MONTEREY TURN WITH CROSS

- 1 The non-support foot follows the standing leg line to the knee and opens forward(left foot)
- 2 Step left foot across right
- 3 Touch right toe to side(left knee hooked, touch right toe as far as possible)
- 4 Step right foot together
- 5 Touch left toe side(right knee hooked, touch as far as possible)
- 6 Turn ½ left with the right foot in place and step left together
- 7 Touch right toe to side
- 8 Step right across left

REPEAT

ENDING

When music gets slower, the dance is ending. When doing développ , step left across right and turn around, continue turning to right   turn more with your right foot, left foot is out of floor. Rhythm is your own in this turning. After the turning you can raise your hands up and do some hand gestures if you want
