

Arrasando (Set Free)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Jessica L. Bernal (USA)
音樂: Arrasando - Thalia

級數: Improver



RIGHT CRAZY LEG

- 1 Stomp (up) with right foot next to left foot
- & Kick right foot forward
- 2 Hook right foot across in front of left ankle
- & Kick right foot forward
- 3 Flip right foot out to right side
- & Kick right foot forward
- 4 Hook right foot across in front of ankle

RIGHT SIDE SHUFFLE WITH ¼ SAILOR STEP

- 5 Step right to side
- & Step left beside right
- 6 Step right to side
- 7 Swing left to side making ¼ turn
- & Step right
- 8 Step left

STEP RIGHT, LEFT, RIGHT AND SHRUG

- 1 Step right in a 45 degrees angle
- While doing this shrug your right shoulder up**
- 2 Step left in a 45 degrees angle
- While doing this shrug your left shoulder up**
- 3 Step right to side shrugging your right shoulder up
 - & Shrug right shoulder down
 - 4 Shrug right shoulder up

LEFT JAZZ BOX, TURNING RIGHT JAZZ BOX

- 5 Cross left foot over right
- & Step back right
- 6 Step left next to right
- & Kick right foot
- 7 Cross right over left
- & Step back on left
- 8 Touch right making a ¼ turn to right

DRAG BACK, STEP OUT

- 1 Step back with right
- 2 Dragging left foot next to right foot
- & Step left out
- 3 Step right out
- 4 Hold for 1 count

MAMBO LEFT FORWARD, MAMBO RIGHT BACK

- 5 Step left forward
- & Step right in place
- 6 Step left next to right foot

- & Kick right foot
- 7 Step right back
- & Step left in place
- 8 Step right next to left foot

½ MONTEREY TURN

- 1 Right touch side right
- 2 Pivot ½ turn stepping right next to left
- 3 Touch left foot side
- 4 Step left next to right

LEFT ½ TURN, LEFT ¼ TURN

- 5 Step forward on right
- 6 On ball of right, pivot ½ turn left, shifting weight to left
- 7 Step forward on right
- 8 On ball of right, pivot ¼ turn left, shifting weight to left

REPEAT
