

Bachata Shake

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Abby Mina (CAN)
音樂: Dos Locos - Monchy & Alexandra



MERENGUE STEPS TO THE LEFT, THEN RIGHT

- 1-4 Step left to side, close right beside left, step left to side, touch right toes out to side pushing right hip up at the same time
- 5-8 Step right to side, close left beside right, step right to side, touch left toes out to side pushing left hip up at the same time

PROGRESSIVE WALKS FORWARD AND BACKWARD WITH TOE TOUCHES

- 1-4 Walk forward left, right, left, touch right toes behind and to the side pushing right hip backward
- 5-8 Walk back right, left, right, touch left toes forward and to the side pushing left hip forward

ROLLING VINE WITH TOUCH TO THE LEFT, THEN RIGHT

- 1-4 Step left to side turning $\frac{1}{4}$ left (9:00), keep turning another $\frac{1}{4}$ left and step right out to right side (6:00), make another $\frac{1}{2}$ turn left and step left out to side (12:00), touch right toes out to side pushing right hip up and side at the same time
- 5-8 Step right to side turning $\frac{1}{4}$ right (3:00), keep turning $\frac{1}{4}$ right and step left to left side (6:00), make another $\frac{1}{2}$ right and step right out to side (12:00), touch left toes out to side pushing left hip up and side at the same time

SIMULATED TWINKLE STEPS WITH HIP ROLL

- 1-4 Step left beside right, cross step right over left (10:00), step left to left side (12:00), roll hips from right to left (to the right) and touch right toes diagonal out facing (2:00) while pushing right hip up and side at the same time
- 5-8 Step right beside left, cross step left over right (1:00), step right to right side (12:00), roll hips from left to right (to the left) and touch left toes forward now facing (9:00) while pushing left hip up and forward at the same time

TRIPLE STEPS IN PLACE WITH TOUCH, THEN $\frac{1}{2}$ -TURN WITH TOUCH

- 1-4 Step left beside right, step right in place, step left in place, touch right toes forward and front facing (9:00)
- 5-8 Step right making $\frac{1}{4}$ turn right (12:00), step left together, step right beside left turning $\frac{1}{4}$ turn to right (3:00), touch left toes out to left side while pushing left hip up and to the side

BACHATA BASICS

- 1-4 Step left out to left side with hip push, step right in place to right side with hip push, step left out to left side with hip push, step right in place lifting right heel slightly off the floor while pushing right hip to right side
- 5-8 Push right hip up 4 times continuously

SIMULATED $\frac{1}{2}$ -TURN MONTEREY SPIN

- 1-4 Step right $\frac{1}{4}$ turn right (6:00), step left together, step right out to side making another $\frac{1}{4}$ right, touch left out to side (9:00)
- 5-8 Step left $\frac{1}{4}$ turn left (6:00), step right together, step left out to side making another $\frac{1}{4}$ turn left, touch right out to side (3:00)

SIMULATED $\frac{1}{2}$ -TURN MONTEREY SPIN AND COASTER $\frac{1}{4}$ TURN

- 1-4 Step right $\frac{1}{4}$ turn right (6:00), step left together, step right out to side making another $\frac{1}{4}$ right (9:00), touch left out to side

5-8 Step left ¼ turn left, step right beside left, step left beside right, touch right forward and out to the front (6:00)

WALK BACKWARD RIGHT-LEFT-RIGHT AND VINE WITH HIP PUSH

1-4 Walk back right, left, right, touch left behind and out to the side

5-8 Cross step left behind right, step right to side, touch left toes out and push left hip to left side and up (2xs)

FORWARD STEPS WITH TAPS AND BACKWARD STEPS WITH TOE TAPS

1-4 Step left forward, tap right toes behind, step right back, tap left toes at front

5-8 Step left forward, tap right toes behind, step right back, tap left toes at front

Option for step-tap:

1-4 Step left forward, tap right toes behind and push hip back; step right back, tap left toes at front and push hip forward

REPEAT

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