

Abelarumba

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: A Place In My Heart - Liz Abella



SIDE RIGHT-HOLD, CHASSE LEFT, SIDE RIGHT-HOLD, STEP-ROCK-FORWARD

1-2 Step right to right side, hold position for one count
3&4 Step left to left side, step right next to left, step left to left side
5-6 Step right to right side, hold position for one count
7&8 Step back on left, rock weight forward onto right, step forward on left

¼ LEFT STEP FORWARD-HOLD, STEP-ROCK-BACK, BACK-HOLD, STEP-ROCK-FORWARD

&1-2 On ball of left make ¼ turn left slightly lifting up right knee, step forward on right, hold position
3&4 Step forward on left, rock back onto right, step back on left
5-6 Step back on right, hold position for one count
7&8 Step back on left, rock forward onto right, step forward on left

SIDE RIGHT-HOLD, CHASSE ¼ TURN LEFT, STEP-½ TURN, SHUFFLE

1-2 Step right to right side, hold position for one count
3&4 Step left to left side, step right next to left, step left ¼ turn left
5-6 Step forward on right, pivot ½ turn left
7&8 Step forward on right, lock left behind right, step forward on right

CROSS-UNWIND ¾ RIGHT, SIDE-SLIDE, FORWARD-HOLD, ¼ TURN LEFT-HOLD

1-2 Cross left over right, unwind ¾ turn right (weight ends on right)
3-4 Step left to left side, slide right next to left (no weight)
5-6 Step forward on right, hold position for one count
7-8 Step left ¼ turn left, hold position for one count

SIDE-HOLD, HIP SWAYS, CROSS-UNWIND ¾ LEFT, SHUFFLE FORWARD

1-2 Step right to right side, hold position for one count
3&4 Sway hips left, sway hips right, sway hips left
5-6 Cross right over in front of left, unwind ¾ turn left (weight ends on left)
7&8 Step forward on right, lock left behind right, step forward on right

FORWARD-HOLD, HIP BUMPS, ¼ LEFT-HOLD, SIDE-CROSS-SIDE (MOVING TO THE RIGHT)

1-2 Step forward on left, hold position for one count
3&4 Bump hips back, bump hips forward, bump hips back (weight ends on right)
5-6 Step left to left side as you turn ¼ left on ball of right, hold position for one count
7&8 Step right to right side, cross left over in front of right, step right to right side

SIDE-TOGETHER, SHUFFLE FORWARD, SIDE-TOGETHER, SHUFFLE BACK

1-2 Step left to left side, step right next to left
3&4 Step forward on left, step right behind left, step forward on left
5-6 Step right to right side, step left next to right
7&8 Step back on right, step left next to right, step back on right

SIDE-SLIDE TWICE, BACK-SLIDE, AND CROSS

1-2 Step left to left side, slide right toe next to left (no weight)
3-4 Step right to right side, slide left toe next to right (no weight)
5-6-7 Step diagonal. Back left on left, slide right next to left over 2 counts (no weight)

&8

Step right in place, cross step left over in front of right

REPEAT
