

Rapido

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Noel Bradey (AUS) - June 2007
音樂: Lola - Chayanne : (CD: Mi Tiempo)



DANCE STARTS: On Lyrics, 16 counts from main instrumental

- 1-8 FWD, REPLACE, ½, ½, MAMBO, SIDE MAMBO, TOUCH SIDE, BEHIND, SIDE, CROSS**
1&2& Rock/step fwd on L, Replace wt to R, Turn 180° left stepping L fwd, Turn 180° stepping R back (12:00)
3&4 Rock/step back on L, Replace wt to R, Step on L beside R
5&6& Rock/step on R to right side, Replace wt to L, Step on R beside L, Touch L toe to left side
7&8 Cross/step L behind R, Step R to right side, Cross/step L over R
- 9-16 FWD, REPLACE, ¼, SWEEP, BEHIND, SIDE, CROSS, SWEEP, SAILOR, BESIDE, SAILOR**
1&2& Rock/step fwd on R, Replace wt to L, Turn 90° right stepping R to right side, Sweep L around fwd (3:00)
3&4& Cross/step L over R, Step R to right side, Cross/step L behind R, Sweep R around back
5&6& Cross/step R behind L, Step on ball of L to left side, Replace wt to R, Step on L beside R
7&8 Cross/step R behind L, Step on ball of L to left side, Replace wt to R
- 17-24 BESIDE, FWD, ½ PIVOT, FWD, ¼ PADDLE, ¼ PADDLE, SAMBA, CROSS, ¼, ¼**
&1&2 Step on L beside R, Step R fwd, Pivot turn 180° left (wt L), Step R fwd (9:00)
&3&4 Step L fwd, Turn 90° right (wt R), Step L fwd, Turn 90° right (wt R) (3:00)
5&6 Cross/step L over R, Step on R to right side, Replace wt to L
7&8 Cross/step R over L, Turn 90° right stepping L back, Turn 90° right stepping R to right side (9:00)
- 25-32 CROSS, REPLACE, ¼, FWD, ½ PIVOT, FWD, ½ PIVOT, BEHIND, REPLACE, SIDE X 2**
1&2 Cross/rock L over R, Replace wt to R, Turn 90° left stepping L to left side (6:00)
&3&4 Step R fwd, Pivot turn 180° left (wt L), Step R fwd, Pivot turn 180° left (wt L) (6:00)
5&6 Cross/rock R behind L, Replace wt to L, Step on R to right side
7&8 Cross/rock L behind R, Replace wt to R, Step on L to left side
- 33-40 CROSS, SIDE, BEHIND, ¼, FWD, ¼, CROSS, SIDE, REPLACE, CROSS, SIDE, REPLACE, BESIDE**
1&2& Cross/step R over L, Step L to left side, Cross/step R behind L, Turn 90° left stepping L fw (3:00)
3&4 Step R fwd, Pivot turn 90° left (wt L), Cross/step R over L (12:00)
5&6 Rock/step L to left side, Replace wt to R, Cross/step L over R
7&8 Rock/step R to right side, Replace wt to L, step R beside L
- 41-48 FWD MAMBO, LOCK SHUFFLE BACK, FULL TURN LEFT, CROSS SHUFFLE**
1&2,3&4 Rock/step L fwd, Replace wt to R, Step L beside R, Step R back at 45°, Cross/step L over R, Step R back at 45°
5&6 Turn 90° left stepping L fwd, Turn 180° left stepping R back, Turn 90° left stepping L to left side (12:00)
7&8 (Travelling slightly fwd at 45° left) Cross/step R over L, Step L to left side, Cross/step R over L
- 49-56 FWD, REPLACE, ½, BESIDE, FWD COASTER, BACK COASTER, SIDE, TOGETHER, SIDE, DRAG**
1&2& Rock/step L fwd, Replace wt to R, Turn 180° left stepping L fwd, Step on R beside L (6:00)
3&4,5&6 Step L fwd, Step R beside L, Step L back, Step R back, Step L beside R, Step R fwd
&7&8 Step L to left side, Step R beside L, Step L to left side, Drag R to beside L (wt L)

- 57-64** **¼ TURN SHUFLE FWD, FWD, REPLACE, ½, FWD, ½, ½ , ¼ SIDE, CROSS, SIDE, TOGETHER**
- 1&2,3&4 Turn 90° right to shuffle fwd R,L,R , Rock/step L fwd, Replace wt to R, Turn 180° LEFT stepping L fwd (3:00)
- 5&6 Step R fwd, Turn 180° right stepping L back, Turn 180° right stepping R fwd (3:00)
- &7&8 Turn 90° right stepping L to left, Cross/step R over L, Step L to left, Step R beside L (6:00)

Restart Dance In New Direction (No restarts, No Tags)

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