

13 Mwz (Un, Dos, Tres)

拍數: 32 牆數: 4 級數: Improver
編舞者: Sherry McClure (USA)
音樂: María - Ricky Martin
或: 13 Mwz - Deryl Dodd



Section 1 Right Rock Step, Crossing Triple, Left Rock Step, Crossing Triple.

- 1 - 2 Rock Step Right To Right Side. Step Left In Place.
- 3 & 4 Cross Right Over Left. Step Left Small Step Left. Cross Right Over Left.
- 5 - 6 Rock Step Left To Left Side. Step Right In Place.
- 7 & 8 Cross Left Over Right. Step Right Small Step Right. Cross Left Over Right.

Section 2 Syncopated Toe & Heel Touches, 2 X Left Kick Ball Change.

- 9 & Touch Right Toe To Right Side. Step Right Beside Left.
- 10 & Touch Left Toe To Left Side. Step Left Beside Right.
- 11 & Touch Right Heel Diagonally Forward Right. Step Right Beside Left.
- 12 Touch Left Toe Diagonally Back Left.
- 13 & 14 Kick Left Forward. Step Left Beside Right. Step Right In Place.
- 15 & 16 Kick Left Forward. Step Left Beside Right. Step Right In Place.

Section 3 Step 1/2 Pivot Right, 2 X Rock Steps, Left Shuffle.

- 17 - 18 Step Forward Left. Pivot 1/2 Turn Right.
- 19 - 20 Rock Step Forward On Left. Rock Back Onto Right.
- 21 - 22 Rock Step Forward On Left. Rock Back Onto Right.

Note: Steps 21 - 22 Can Be Replaced With A Forward Body Roll.

- 23 & 24 Step Forward Left. Step Right Beside Left. Step Forward Left.

Section 4 Rock Step, Turning Triple Step, Rock Step, Coaster Step.

- 25 - 26 Rock Step Forward On Right. Rock Back Onto Left
 - 27 & 28 Triple Step - Right, Left, Right. Making 3/4 Turn Right.
 - 29 - 30 Rock Step Forward On Left. Rock Back Onto Right.
 - 31 & 32 Step Back Left. Step Right Beside Left. Cross Left Over Right.
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