

Por Arriba

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - October 2007
音樂: Por Arriba, por Abajo - Ricky Martin : (CD: Vuelve - 3:09)



Start on Vocals (30 counts of instrumental) approx 30 seconds

SIDE. BEHIND. SIDE-ROCK. RECOVER. CROSS. SIDE. BEHIND. TURN. SHUFFLE.

1,2 Step R to side, cross L behind R.
3&4 Rock R to side, recover, cross R over L.
5,6 Step L to side, cross R behind L.
7&8 Quarter turn L (9:00) L shuffle fwd.

SAMBA-STEP. CROSS-SHUFFLE. ROCK. RECOVER. CROSS-SHUFFLE.

1&2 (Travelling slightly fwd) Cross R over L, rock L to side, recover
3&4 Cross L over R, step R to side, cross L over R.
5,6 Rock R to side, recover.
7&8 Cross R over L, step L to side, cross R over L.

PRESS. RECOVER. ROCK. RECOVER. STEP. CROSS-ROCK. SIDE. CROSS. SIDE.

1,2 Press L (to L diagonal), recover.
3&4 Rock L behind R, recover, step L (to L diagonal).
5,6 Cross-rock R over L, recover.
&7,8 Step R to side, cross L over R, step R to side.

BACK-ROCK. RECOVER. TURN. SHUFFLE. PIVOT. PIVOT.

1,2 Rock L behind R, recover.
3&4 Quarter turn L (6:00) L shuffle fwd.
5,6 Step-pivot half turn L (12:00).

***** Restart here on wall 4**

7,8 Step-pivot half turn L (6:00).

Begin again
