

Por Amor

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK) - December 2008
音樂: Por Amor - Mestizzo : (CD: Tongoneo)



Intro: 28 count intro

(1-8) SIDE-ROCK-CROSS / BACK-LOCK-BACK / SIDE ROCK / CROSS-STEP-CROSS

1&2 Step Right To Right Side, Rock Weight Onto Left, Cross Right Over Left
3&4 Step Back On Left, Cross Right Over Left, Step Back On Left
5-6 Step Right To Right Side, Rock Weight Onto Left
7&8 Cross Right Over Left, Small Step Left To Left Side, Cross Right Over Left (12-00)

(9-16) 1/4 TURN-STEP-STEP FWD / FWD MAMBO / COASTER STEP / CROSS-1/2 UNWIND

&1-2 1/4 Turn Right On Ball Of Right Lifting Up Left Knee, Step Forward Left, Step Forward Right (3-00)
3&4 Step Forward On Left, Rock Weight Back Onto Right, Step Left Next To Right
5&6 Step Back On Right, Step Left Next To Right, Step Forward On Right
7-8 Cross Left Over Right, Unwind 1/2 Turn Right (Weight On Left) (9-00)

(17-24) SIDE- TOG-CHASSE / SWAYS / STEP SIDE-DRAG

1-2 Step Right To Right Side, Step Left Next To Right
3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
5-6 Sway Hips To Left, Sway Hips To Right
7-8 Big Step Left To Left Side, Drag Right Next To Left (Weight Stays On Left)

(25-32) CROSS-HOLD / 1/4 TURNING COASTER STEP / SIDE-ROCK-CROSS / 1/2 PADDLE TURN

1-2 Cross Right Over Left, Hold For One Count
3&4 1/4 Turn Right Stepping Back On Left, Step Right Next To Left, Step Forward On Left (12-00)
5&6 Step Right To Right Side, Rock Weight Onto Left, Cross Right Over Left
7& Touch Left To Left Side, 1/4 Turn Right On Ball Of Right Lifting Left Knee Slightly
8& Touch Left To Left Side, 1/4 Turn Right On Ball Of Right Lifting Left Knee Slightly (6-00)

(33-40) COASTER STEP / SWEEP 1/4 TURN-CROSS / SIDE ROCK / SAILOR STEP

1&2 Step Back On Left, Step Right Next To Left, Step Forward On Left
3-4 Sweep Right Foot From Back To Front Making 1/4 Turn Left, Cross Step Right Over Left (3-00)
5-6 Step Left To Left Side, Rock Weight Onto Right
7&8 Cross Left Behind Right, Step Right Slightly To Right Side, Step Left To Left Side

(41-48) BACK ROCK / CHASSE / &-STEP-1/4 TURN-STEP-1/2 TURN

1-2 Step Back On Right, Rock Weight Forward Onto Left
3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right side
&5-6 Step Left Next To Right, Step Forward on Right, Pivot 1/4 Turn Left (Use Hips!!)
7-8 Step Forward On Right, Pivot 1/2 turn Left (Use Hips!!) (6-00)

RESTART HERE ON WALLS 2 & 4 - FACING 12 O'CLOCK

(49-56) BACK ROCK / TRIPLE FULL TURN FWD / HITCH & POINT / &-POINT-FLICK-CROSS

1-2 Step Back On Right, Rock Weight Forward Onto Left
3&4 Full Triple Turn Forward Turning Left Stepping On Right-Left-Right (Alt: Shuffle Fwd)
5&6 Hitch Left Knee Up, Step Down On Left, Point Right To Right Side
&7&8 Step Right Next To Left, Point Left To Left Side. Flick Left Foot Out To Left, Cross Step Left Over Right

BEGIN AGAIN & ENJOY
