

Baila

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) - August 2009
音樂: Baila La Tierra - David Bustamante : (Album: Caricias Al Alma)



Commence after 32 beats, 15 seconds

Step forward and slightly to side, rock forward & across, recover, chasse to left, cross unwind full turn, chasse to right

1,2,3 Step Right foot forward and slightly to the side, rock forward and across on left, recover on right.
4&5 Step left to left, close right to left, step left to left
6-7 Cross right over left, unwind a full turn left taking weight onto left
8&1 Step right to right, close left to right, step right to right

Rock forward, recover, lock step back, rock back, recover, lock step forward

2-3 Rock forward on left, recover on right
4&5 Step back on left, cross right over left, step back on left (for style turn the body slightly to left diagonal on the lock step)
6-7 Rock back on right, recover on left
8&1 Step forward on right, lock left behind right, step forward on right

Step forward, ½ pivot right, lock step forward, step forward, ½ pivot left, lock step forward

2-3 Step forward on left, ½ pivot right transferring weight to right
4&5 Step forward on left, lock right behind left, step forward on left
6-7 Step forward on right, ½ pivot left transferring weight to left
8&1 Step right forward, lock left behind right, right forward and slightly to right diagonal

Cross, recover, chasse to left, cross, side, cross shuffle (with Cuban hips)

2-3 Cross left over right, recover back on right
4&5 Step left to left, close right to left, step left to left
6-7 Cross right over left, small step to left
8&1 Cross right over left, small step to left, cross right over left

(note: steps 6,7,8 & 1 – let the hips move!)

Side, recover, behind, ¼ turn right & step forward, step forward on left, 3 heel switches travelling forward – right, left, right, step forward on left

2-3 Rock left to left on ball of foot, recover on right
4&5 Step left behind right, turn ¼ to right and step forward on right, step forward on left
6&7&8& Right heel forward, step onto to right, left heel forward, step onto left, right heel forward, step onto right
1 Step forward on left

Rock forward, recover, ¼ turning chasse to right, cross, side, back, close, kick, close

2-3 Rock forward on right, recover on left
4&5 Turn ¼ to right and step to right, close left to right, step right to right
6-7 Cross left over right, step right to right
8&1& Step back on left behind right (angle body to left diagonal), close right to left, kick left to left diagonal, close

Cross, side, back, close, kick diagonal to right, close, cross, hold, step, cross, side

2-3 Cross right over left, step left to left

4&5& Step back on right behind left (angle body to right diagonal), close left to right, kick right to right diagonal, close
6 – 7 Cross left over right, hold
&8 Step small step to right on right, cross left over right
1 Step right to right

Cross rock behind, recover, kick ball cross, side, recover, ¼ turn left, coaster step

2-3 Cross left behind right, recover forward on right
4&5 Kick left towards left diagonal, step onto ball of left, cross right over left
6-7 Rock left to left, recover onto right
8&1 Turn ¼ to left stepping back on left, close right to left, step forward on left

Rock forward on right, recover, ½ turning shuffle right, ½ turn right stepping back, ½ turn right and step forward, step forward

2-3 Rock forward on right, recover onto left
4&5 Turning ½ right, shuffle right, left right
6-7 Turn ½ turn right stepping back on left, turn ½ right stepping forward on right, step forward on left

Begin dance again
