

Alejandro

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Winson Eng (MY) - June 2010
音樂: Alejandro - Lady Gaga



Touch Hitch Step, Cross Heel Jack, Syncopated Cross Shuffle, Sailor ¼

1&2 Touch R beside L, lift R knee up, step R to R
3&4& Cross L over R, step R to R, dig L heel diagonal to L, step L in place
5&6& Cross R over L, step L to L, cross R over L, step L to L
7&8 Sweep R behind L and make ¼ turn R stepping R back, step L in place, step R to R

L Fwd Shuffle, R Fwd Shuffle, Double Skates, L Side Chasse

1&2 Step L fwd, lock R behind L, step L fwd
3&4 Step R fwd, lock L behind R, step R fwd
5-6 Swivel L toes to L, swivel R toes to R
7&8 Step L to L, step R beside L, step L to L

Sailor Kick, Cross Weave, Cross Mambo ¼, ½ Hitch, Monterey Turn ½

1&2& Sweep R behind L and step R back, step L in place, kick R diagonal to R, step R in place
3&4& Cross L over R, step R to R, cross L behind R, step R to R
5&6& Cross rock L over R, recover, turn ¼ L stepping L fwd, make ½ turn L hitching R knee up
7&8& Point R to R, turn ½ R step R in place, touch L to L, step L beside R

Side, Apple Jack, Cross Heel Modification

1 Step R to R
2&3 Cross L behind R, step R to R, dig L heel diagonal to L
&4& Step L in place, cross R over L, step L to L
5&6 Dig R heel to R diagonal, step R in place, cross L over R
&7& Step R back, step L to L, cross R over L
8& Step L back, step R to R

Pivot ½, Hip Bump, Kitchen Step, Toe Switches, "C" Bump

1-2 Step L fwd, turn ½ R
3&4 Touch L fwd and bump hips fwd, back, fwd
5&6 Hitch up R knee, step R in place, point L to L
&7 Step L beside R, touch R to R
8 Lift your hips up to R

Finishing "C" Bump, Cross Heel Jack, Syncopated Crossing Shuffle, Heel Ball Cross, Side Mambo

&1 Neutralize hips to centre, bump hips to R
&2& Step L beside R, cross R over L, step L to L
3&4 Dig R heel diagonal to R, step R beside L, cross L over R
&5& Step R to R, cross L over R, step R to R
6&7 Dig L heel diagonal to L, step L beside R, cross R over L
&8& L side rock, recover, step L beside R

RESTARTS: DURING wall 3 and wall 7, do until 31 counts and hold for 1 count then begin again.