Ayo Calypso



拍數: 32 牆數: 4 級數: Beginner

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音樂: Calypso - Dr. Victor & The Rasta Rebels : (CD: New Flame)



Intro 32 Count (16 sec)

Sec 1: 1-8 Side, Together, Side, Together, Side, Touch, Side, Touch

1–2 Step Rf to the right, step Lf beside Rf

3–4 Step Rf to the right, step Lf beside Rf weight onto both feet (12:00)

5–6 Step Lf to the left, touch Rf beside Lf

7–8 Step Rf to the right, touch Lf beside Rf weight onto Rf (12:00)

Note: In the steps 5 t/m 8 in sec 1 (Waving your both hands slow, to Right & to Left)

Sec 2: 9-16 1/4 Turn L Step Fwd, 1/2 Turn L, Back, Back, Point & Point, Heel Switches R-L

1–2 Make a 1/4 turn left (9:00) and step forward on Lf, continue 1/2 turn left (3:00) and step back

on Rf

3–4 Step back on Lf, step Rf beside Rf weight onto both feet

Point Rf out the right, step Rf beside Lf, point Lf out to the left, step Lf beside Rf

7&8& Touch R heel forward diagonal, step Rf beside Lf back in place, touch L heel forward

diagonal, step Lf beside Rf back in place (3:00)

Sec 3: 17-24 Fwd Rock / Recover, 1/4 Turn R, Jump Both Feet Apart, Hold, Close, Side Rock / Recover, Behind Side Cross

1-2 Rock forward on Rf, recover on Lf (3:00)

&3-4 Make a 1/4 turn to right (6) and jump both feet apart weight onto both feet (&3), HOLD

&5-6 Close Rf beside Lf, rock Lf to the left, recover on Rf weight onto Rf

7&8 Step Lf behind Rf, step Rf to the right, and cross Lf over Rf weight onto Lf (6:00)

Sec 4: 25-32 Heels Fwd Fwd, Out Back, Out Back, Cross Shuffle, 1/4 Turn L, Lock Step Fwd

1–2 Step forward on R heel, step forward on L heel (6:00)

3-4& Step back Rf to the right side, step Lf to the left side shoulder apart, take weight onto Lf

&5&6 Cross Rf over Lf, step Lf to the left side, cross Rf over Lf weight onto Rf (6)

7&8 Make a 1/4 turn to left (3) stepping forward on Lf, lock Rf behind Lf, stepping forward on Lf

weight onto Lf (3:00)

Begin Again!

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