

EZ Merengue

拍數: 32 牆數: 4 級數: High Beginner Merengue
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音樂: Vamos a La Paya - S.B.S.



Intro: 32 counts

Sec. 1: (MERENGUE WALK FORWARD, TOGETHER) X 4

1-2 Step left slightly forward, step right besides left with hip movement
3-8 (Repeat 1-2) x 3

Optional arms: Spread out your arms and move in a circular direction (right hand going clockwise, left hand going counter-clockwise)

Sec. 2: (SIDE, HOLD) X 2 WITH SHIMMY, ¼ L (SIDE, TOGETHER) X 2

1-2 Step left to left side, hold (with shimmy shoulder left over 2 count)
3-4 Step right to right side, hold (with shimmy shoulder right over 2 count)
5-8 (Step left to left side, step right besides left with hip side walk) x 2

with Sec.3: count 1-4 walk progressively and make ¼ turn left (9:00)

Optional arms: Put your right hand to the back of your head, and push your left hand out to your left side.

Sec. 3: (SIDE, TOGETHER) X 2, (STEP FWD, HOLD, BACK, HOLD) WITH SHIMMY

1-4 (Step left to left side, step right besides left with hip side walk) x 2

Optional arms: keep your hands in the above position

5-6 Step forward on left, hold (with shimmy shoulder lean forward over 2 count)
7-8 Recover on right, hold (with shimmy shoulder lean back over 2 count)

Sec. 4: (FORWARD, SIDE ROCK, RECOVER) X 2, FORWARD, PIVOT ½ R

1-3 Step forward on left, side rock on right, recover onto left,
4-6 Step forward on right, side rock on left, recover onto right
7-8 Step forward on left, make a ½ pivot turn right (3:00)

Option for High Beginner:~

Sec.4: L & R BOTA FOGO, STEP PIVOT ½ R, LEFT KICK BALL CHANGE

1&2 Step forward on left, side rock on right, recover onto left,
3&4 Step forward on right, side rock on left, recover onto right
5-6 Step forward on left, make a ½ pivot turn right (3:00)
7&8 Kick left forward, step down on left, step right forward

Ending: Wall 12 (9:00)

Sec.2: count 5-8 repeat count 1-4 [Left side with ¼ R & right side with shimmy shoulder] back to front wall
12:00

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