

Estrella

拍數: 48 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) & Jo Kinston - October 2010
音樂: Super Estrella (feat. Omega) - Fuego



Intro 16 counts (8 sec)

[1-8] Cross, Side, Sailor Heel, Cross, 1/4 Turn L, Back, continue a 1/2 turn L, Fwd, Continue 1/4 turn L, Side

- 1-2 Cross Rf over Lf, step Lf to the left weight onto Lf (12:00)
3&4 Step Rf behind Lf, step Lf to the left, tap R heel forward on diagonal
&5-6 Step R heel back in place, cross Lf over Rf, making a 1/4 turn to left (9) step Rf back weight onto Rf
7-8 Continue a 1/2 turn to left (3) step forward on Lf, continue a 1/4 turn to left (12) step Rf to the right weight onto Rf

[9-16] Back Cross Rock / Recover, Side 2x L-R, Back Cross Rock / Recover with 1/4 Left, Fwd, Lock, Lock Step Fwd

- 1&2 Cross rock Lf behind Rf, recover on Rf, step Lf to the left weight onto Lf (12:00)
3&4 Cross rock Rf behind Lf, recover on Lf, step Rf to the right weight onto Rf
5&6 Cross rock Lf behind Rf, recover on Rf, making a 1/4 turn to left (9) step forward on Lf weight onto Lf
&7&8 Lock Rf behind Lf, step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (9:00)

[17-24] R Point Fwd, Back, L Point Back, 1/2 Unwind L, Replace, R Point Fwd, Back, L Point Back, 1/2 Unwind L, Replace

- 1-2 Point forward on Rf, step back on Rf (9:00)
3-4 Point back on Lf, unwind 1/2 left (3) take weight onto Lf
5-6 Point forward on Rf, step back on Rf
7-8 Point back on Lf, unwind 1/2 left (9) take weight onto Lf

[25-32] Rock Fwd / Recover, 1/2 Shuffle Turn R, 1/2 Triple Turn R, Back Rock / Recover

- 1-2 Rock forward on Rf, recover on Lf
3&4 Make a 1/2 turn to right (3) step forward on Rf, step Lf behind Rf, step forward on Rf weight onto Rf
5&6 Make a 1/2 turn to right (9) and step back on Lf, close Rf forward Lf, step back on Lf weight onto Lf
7-8 Rock Rf back, recover on Lf (9:00)

[33-40] Point Fwd, Replace, 1/4 Turn L, Point Fwd, Replace, Diagonal Hip Bumps Fwd, Kick, Out, Out

- 1-2 Point forward on Rf, replace on Rf weight onto Rf
3-4 Making a 1/4 turn to left (6) point forward on Lf, replace on Lf weight onto Lf
5&6 Point Rf diagonally forward, bumping hips forward, bump hips back, bump hips forward holding weight onto Lf
7&8 Kick forward on Rf, step Rf out to the right, step Lf out to the left take weight onto both feet (6:00)

[41-48] Swivet, 1/4 Turn L, Back Mambo, Fwd, Fwd Rock / Recover, 1/4 Turn R, Side, Fwd Rock / Recover, Together

- 1-2 HOLD, Make a 1/4 turn left (3) and swivet L toe to left and R heel to right and take weight onto Rf
3&4 Mambo back on Lf, recover on Rf, step forward on Lf weight onto Lf
5-6 Rock forward on Rf, recover on Lf weight onto Lf

&7-8 Making a 1/4 turn to right (6) step Rf to the right, rock forward on Lf, recover on Rf
& Step Lf beside Rf take weight onto Lf (6:00)

Start Again

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