

Mirame (Look at Me)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 1 級數: Beginner
編舞者: Ira Weisburd (USA) - April 2011
音樂: Me Miras y Te Miro - Grupo Mania : (Album: Mis Favoritas 2010, Track #6)



**Introduction: Start Dance with R foot (facing L Wall). 4 Measures of 8.
Start after approximately 17 seconds. Start on the vocal on the word Miras.**

FACE L WALL (9:00 Wall)

PART I. (STEP R FORWARD (make ¼ turn R), VINE 3 TO L, STEP R TO R (make ¼ turn R), STEP L TO L, STEP BACK ON R, RECOVER FORWARD ON L) ; REPEAT

- 1- 4 Step R forward (make ¼ turn R to face 12:00 wall), Step L to L, Step R behind L, Step L to L
5- 8 Step R forward (make ¼ turn R to face 3:00 wall), Step L to L, Step back on R, Recover forward on L
9-12 Step R forward (make ¼ turn R to face 6:00 wall), Step L to L, Step R behind L, Step L to L
13-16 Step R forward (make ¼ turn R to face 9:00 wall), Step L to L, Step back on R, Recover forward on L.

PART II. WALK FORWARD 3 STEPS (R,L,R), KICK L FORWARD; WALK BACK 2 STEPS (L,R), COASTER STEP w/ L.

- 1-4 Walk forward R,L,R, Kick L forward
5-6 Walk back L,R
7&8 Step back w/ L, Step – close R beside L, Step forward on L
9-16 REPEAT PART II. (1-8).

PART III. SAMBA R, SAMBA L, STEP R FORWARD (making ¼ turn R), STEP L TO L, ROCK BACK, RECOVER

- 1&2 Step R across L, Step w/ ball of L foot to L, Step w/ weight onto R
3&4 Step L across R, Step w/ball of R foot to R, Step w/ weight onto L
5-6 Step R forward (making ¼ turn R), Step L to L
7-8 Step back on R, Recover forward on L.
9&10 Step R across L, Step w/ball of L foot to L, Step w/weight onto R
11&12 Step L across R, Step w/ball of R foot to R, Step w/weight onto L
13-14 Step R forward (making ¼ turn R), Step L to L
15-16 Step back on R, Recover forward on L.

PART IV. SAMBA R, SAMBA L, STEP R FORWARD (making ¼ turn R), STEP L TO L, ROCK BACK, RECOVER

- 1&2 Step R across L, Step w/ ball of L foot to L, Step w/ weight onto R
3&4 Step L across R, Step w/ball of R foot to R, Step w/ weight onto L
5-7 Step R forward (making ¼ turn R), Step L to L
7-9 Step back on R, Recover forward on L.
9&10 Step R across L, Step w/ball of L foot to L, Step w/weight onto R
11&12 Step L across R, Step w/ball of R foot to R, Step w/weight onto L
13-14 Step R forward (making ¼ turn R), Step L to L
15-16 Step back on R, Recover forward on L.

BEGIN DANCE.