l'm Into You



拍數: 64

級數: Intermediate Samba

編舞者: Ruben Luna (USA) - May 2011

音樂: I'm Into You (feat. Lil Wayne) - Jennifer Lopez : (Album: Love?)



Intro: 40 count intro to start dancing after Lil Wayne rap section, first step when Jennifer sings "You got me..."

[1-8] Right Hip-a-Hip, Side-Cross-Side-Touch, 1/4-Fwd-Rock, 1/4-Side-Cross

牆數: 2

- 1 a2 Touch side R opening body slightly to front right diagonal [1:00] pushing on ball of foot to raise hip up to right; Recover hip and weight down to L; Push on ball of R foot to raise hip up to right
- a3 a4 Step in place on R; Step L across R; Step side R; Touch L toe to side opening body slightly to front left diagonal [11:00]
- a5, 6 Turn ¼ left [9:00] stepping forward L; Step forward R; Rock forward on L
- a7, 8 Recover weight back on R; Turn ¼ left [6:00] stepping side L; Step R across L

[9-16] Left Hip-a-Hip, Side-Cross-Side-Touch, 1/4-Fwd-Rock, 1/4-Side-Cross

- 1 a2 Touch side L opening body slightly to front left diagonal [5:00] pushing on ball of foot to raise hip up to left; Recover hip and weight down to R; Push on ball of L foot to raise hip up to left
- a3 a4 Step in place on L; Step R across L; Step side L; Touch R toe to side opening body slightly to front right diagonal [7:00]
- a5, 6 Turn ¼ right [9:00] stepping forward R; Step forward L; Rock forward on R
- a7, 8 Recover weight back on L; Turn ¼ right [12:00] stepping side R; Step L across R

*RESTART: During wall 2, this is where you go to the beginning of the dance and start over from count 1.

[17-24] R Samba Whisk, Side-Close-Side, R Botafogo, 1/2 Turning Volta

- 1 a2 Step side R; Step on ball of L behind R; Recover weight to R
- 3 a4 Step side L; Step together R; Step side L
- 5 a6 Step R across L; Rock side L; Recover weight to R
- 7 a8 Step L across R; Turn ¼ left [9:00] stepping on ball of R; Turn 1/4 left [6:00] stepping in place L (should end with L stepped across R)

[25-32] R Botafogo, L ¼ Turning Botafogo, R Botafogo, L 3/8 Turning Botafogo

- 1 a2 Step R across L; Rock side L; Recover weight to R
- 3 a4 Step L across R; Turn ¼ left [3:00] rocking side R; Recover weight to L
- 5 a6 Step R across L; Rock side L; Recover weight to R
- 7 a8 Step L across R; Turn 3/8 left [11:00] rocking side R; Recover weight to L

[33-40] Serpiente ¼ Turn (Weave, Sweep, Weave 1/4), Rock-Recover-Back, ½ Pivot Turn

These 4 counts are the start of a "Serpiente" as used in the various Latin rhythms, and often follows with another cross step with a sweep around to the front rather than the ¼ turn on count 4:

- 1 a2 Step R across L; Step side L; Step R behind L releasing L foot to sweep front to back
- 3 a4 Step L behind R; Step side R; Turn ¼ right [3:00] stepping forward L
- 5 a6 Rock forward R; Recover back on L; Step back R
- 7 a8 Turn 3/8 left [11:00] stepping forward L; Step forward R; Turn 1/2 left [5:00] and step forward L

[41-48] Serpiente 1/4 Turn (Weave, Sweep, Weave 1/4), Rock-Recover-Back, Coaster Step

- 1 a2 Step R across L; Step side L [square to 6:00]; Step R behind L releasing L foot to sweep front to back
- 3 a4 Step L behind R; Step side R; Turn ¼ right [9:00] stepping forward L
- 5 a6 Rock forward R; Recover back on L; Step back R
- 7 & 8 & Step back L; Step back R; Step together L; Step forward R

[49-56] Spiral-Step-Step, Spiral-Step-1/4 Rock, Recover-Cross-1/4, 1/4-Recover

- 1, 2 & Step forward L and make full right "spiral" turn [9:00] on ball of L leaving R toe on floor; Step forward R; Step forward L
- 3, 4 & Make full right "spiral" turn [9:00] on ball of L leaving R toe on floor; Step forward R; Turn ¼ right [12:00] rocking side L
- 5, 6 & Recover weight to side R; Step L across R, Turn ¼ left [9:00] stepping back R
- 7, 8 Turn ¼ left [6:00] rocking side L; Recover weight to side R

[57-64] Spiral-Step-Step, Spiral-Step-¼ Rock, Recover-Cross, Full Turning Volta

- 1, 2 & Shift weight to L and "spiral" turn ³/₄ right [3:00] on ball of L (raise R foot next to L ankle); Step forward R; Step forward L
- 3, 4 & "Spiral" full turn [3:00] on ball of L (raise R foot next to L ankle); Step forward R; Turn ¼ right [6:00] rocking side L
- 5, 6 Recover weight to side R; Step L across R
- a7 a8 These 2 counts turn a full turn in total and travel slightly to right side from where they begin: Turn 1/4 left [3:00] stepping in place on ball of R; Turn 1/4 left [12:00] stepping L across R; Turn 1/4 left [9:00] stepping in place on ball of R; Turn 1/4 left [6:00] stepping L across R

Work your hips and torso (practice those isolations) and have fun!!

Step Description: Provided by Debi Pancoast, www.FootNotesByDeb.com, info@footnotesbydeb.com

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