

Marchate

拍數: 64 牆數: 2 級數: Improver
編舞者: Celia Stevens (NZ) - June 2011
音樂: Márchate - Gisselle : (CD: En Alma Cuerpo Gisselle)



Intro 32 counts - This Dance Is Done In Two Directions Only:

[1-8] WALK, WALK, FWD MAMBO, COASTER, ¼ PIVOT.

1, 2 Step R forward, Step L forward,
3&4 Step R forward, Recover weight L, Step R back,
5&6 Step L back, Step R together, Step L forward,
7, 8 Step R forward, Pivot ¼ left weight on L. Facing 9:00

[9-16] CROSS SHUFFLE, SIDE, BEHIND, & CROSS, SIDE-TOG-CROSS, ¼.

1&2 Step R over left, Step L to side, Step R over left,
3, 4 Step L to side, Step R behind,
& 5 Step L together, Step R over left,
6&7 Step L to side, Step R together, Step L over right,
8 Turn ¼ left step R back. Facing 6:00

[17-24] ½ SHUFFLE, FWD MAMBO, BACK MAMBO, KICK, BACK-CROSS.

1&2 Turn ½ left shuffle forward L-R-L, Facing 12:00
3&4 Step R forward, Recover weight L, Step R back,
5&6 Step L back, Recover weight R, Step L forward,
7&8 Kick R forward, Step R back, Touch L toe in front of right.

[25-32] FWD LOCK, FWD LOCK, QUICK-PIVOT-STEP, SYNCOPATED MONTEREY.

1&2 Step L forward, Step R behind, Step L forward,
3&4 Step R forward, Step L behind, Step R forward,
5&6 Step L forward, Turn ½ right weight R, Step L forward, Facing 6:00
7&8 Touch R to side, Turn ½ right step R together, Touch L to side. Facing 12:00

[33-40] TOG & CROSS, HOLD, & CROSS, HOLD, ¼, ½ SHUFFLE, KICK.

& 1, 2 Step L together, Step R over left, Hold,
& 3, 4, 5 Step L to side, Step R over left, Hold, Turn ¼ right step L back, Facing 3:00
6&7, 8 Turn ½ right shuffle forward R-L-R, Kick L forward. Facing 9:00

[41-48] & CROSS, & CROSS, BACK, BACK, CROSS, & CROSS, & CROSS, ¼.

&1&2 Step L back, Step R over left, Step L back, Step R over left,
3, 4, 5 Step L back, Step R back, Step L over right,
&6&7 Step R back, Step L over right, Step R back, Step L over right
8 Turn ¼ left step R back. Facing 6:00

[49-56] SIDE ROCK, SAILOR, CROSS SAMBA, BEHIND-SIDE-CROSS.

1, 2 Step L to side, Recover weight R,
3&4 Step L behind right, Step R to side, Step L to side,
5&6 Step R over left, Step L to side, Step R to side,
7&8 # Step L behind right, Step R to side, Step L over right. [Wall 5 - Restart here]

[57-64] SIDE-BEHIND-SIDE-CROSS, SIDE-ROCK-CROSS, FULL TURN, SIDE-ROCK-CROSS.

&1&2 Step R to side, Step L behind, Step R to side, Step L over right,
3&4 Step R to side, Recover weight L, Step R over left,

5, 6 Turn ½ left stepping L forward (12:00), Turn ½ left stepping R back (6:00),
7&8 Step L to side, Recover weight R, Step L over right. **

64 REPEAT & ENJOY!

TAG: At the end of Wall 2 facing 12:00 add the following 8 Count tag.**

[1-8] WALK, WALK, FWD MAMBO, BACK, BACK, COASTER.

1,2 Step R forward , Step L forward,

3&4 Step R forward, Recover weight L, Step R back

5, 6 Step L back, Step R Back,

7&8 Step L back, Step R together, Step L forward.

RESTART: On Wall 5 dance up to count 56# (Behind-Side- Cross) then restart the dance from the beginning now facing 6:00

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