

Rabiosa

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Linda Wolfe (AUS) - June 2011
音樂: Rabiosa (feat. Pitbull) - Shakira : (CD: Sale El Sol)



16 Count Intro - Start on Vocals)

Side Rock. Hinge 1/2 Turn Right. Cha Cha Cha. Cross. Side. Behind. Side. Cross.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
- 3&4 Hinge turn 1/2 turn Right and step Right. Left. Right on the spot. (Facing 6 o'clock)
- 5 – 6 Cross Left over Right. Step Right to Right side.
- 7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

Side Rock. Cross Shuffle Left. 1/4 Turn Right. 1/4 Turn Right. Cross & Heel Jack.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
- 3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
- 5 – 6 Turn 1/4 turn Right stepping back on Left. Turn 1/4 turn Right stepping Right to Right side. (12 o'clock)
- 7& Cross step Left over Right. Step slightly back on Right.
- 8& Touch Left heel diagonally forward Left. Step Left beside Right.

Cross & Heel Jack. Forward Rock. 3/4 Triple. Right Cross Samba.

- 1& Cross step Right over Left. Step slightly back on Left.
- 2& Touch Right heel diagonally forward Right. Step Right beside Left.
- 3 – 4 Rock forward on Left. Recover weight on Right.
- 5&6 Turning 3/4 turn Left step Left. Right. Left. (Facing 3 o'clock)
- 7&8 Cross step Right Forward over Left. Rock Left to Left side. Step slightly forward on Right.

Cross. 1/4 Turn Left. 1/2 Turn Shuffle Forward Left. Right Kick Ball Step. Step Right with 1/4 Turn Left. Drag.

- 1 – 2 Cross step Left over Right. Turn 1/4 turn Left stepping back on Right. (Facing 12 o'clock)
- 3&4 Turn 1/2 turn Left shuffling forward Left. Right. Left. (Facing 6 o'clock)
- 5&6 Kick Right forward. Step ball of Right beside Left. Step slightly forward on Left.
- 7 – 8 Step Right to Right side turning 1/4 turn Left. Drag Left to step Left beside Right. (3 o'clock)
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Step. Lock. Step Lock Shuffle. Forward Rock. 1/2 Turn Left. 1/2 Turn Left

- 1 – 2 Step forward on Right. Lock Left behind Right.
- 3&4 Step forward on Right. Lock Left behind Right. Step forward on Right.
- 5 – 6 Rock forward on Left. Recover weight on Right.
- 7 – 8 Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right. (3 o'clock)

Back Rock. Step Pivot 1/2 Turn Right. 2 x 1/2 Turns Right. Right Shuffle Forward.

- 1 – 2 Rock back on Left. Recover weight on Right.
- 3 – 4 Step forward on Left. Pivot 1/2 turn Right. (Facing 9 o'clock)
- 5 – 6 Turn 1/2 turn Right stepping back on Left. Turn 1/2 turn Right stepping forward on Right.
- 7&8 Shuffle forward on Left. (Facing 9 o'clock) #####

Out. Out. In. In. Step Pivot 1/4 Turn Left. Cross. Hold. Ball Step, Cross Shuffle Left.

- &1 Step Right out to Right side. Step Left out to Left side. Step Right to Centre. Step Left to Centre.
- 3 – 4 Step forward on Right. Turn 1/4 turn Left. (Weight on Left) (Facing 6 o'clock)
- 5 – 6 Cross step Right over Left. Hold.

&7&8 Step Left to Left side. Cross step Right over Left. Step Left to Left side. Cross step Right over Left.

Forward Rock with 1/4 Turn Left. Left Coaster Step. Step Pivot 1/2 Turn Left. Step Pivot 1/4 Turn Left.

1 – 2 Turning 1/4 turn Left, Rock forward on Left. Recover weight on Right. (Facing 3 o'clock)

3&4 Step back on Left. Step Right beside Left. Step forward on Left.

5 – 6 Step forward on Right. Pivot 1/2 turn Left. (Facing 9 o'clock)

7 – 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 6 o'clock)

Restart: On Wall 2, restart the sequence after Count 48. Replace Count 46 with 1/4 turn Right, stepping Right to Right side. Cross shuffle to the Right. to face 12 o'clock and restart.

@@@@ Bridge: During Wall 5 after Count 32, add Right Rocking Chair for 4 counts, then continue that same wall from Count 33.

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