

Rabiosa

拍數: 96 牆數: 4 級數: Improver
編舞者: Maryloo (FR) - July 2011
音樂: Rabiosa (feat. Pitbull) - Shakira : (Album : Sale El Sol)



Sequence :A-B-Tag1-A-Mini A (32 counts)-B-Mini A (32 counts)-Tag2-A-Mini A (16 counts)

PARTY A: (64 counts)

[1-8] SIDE ROCK, RECOVER, TRIPLE STEP, SIDE ROCK, RECOVER, TRIPLE STEP

1-2 Rock right to right side, recover to left
3&4 Cha-cha in place : right, left, right
5-6 Rock left to left side, recover to right
7&8 Cha-cha in place : left, right, left

[9-16] ROCK FORWARD, TRIPLE STEP , ROCK BACKWARD, TRIPLE STEP

1-2 Rock right forward, recover to left
3&4 Cha-cha in place : right, left, right
5-6 Rock left backward, recover to right
7&8 Cha-cha in place: left, right, left

[17-24] CROSS ROCK, SHUFFLE TO RIGHT, CROSS ROCK, SHUFFLE TO LEFT

1-2 Cross/rock right over left, recover to left
3&4 Shuffle to right side : right, left, right
5-6 Cross/rock left over right, recover to right
7&8 Shuffle to left side: left, right, left

[25-32] ROCK BACK, SHUFFLE FORWARD, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

1-2 Rock right back, recover to left
3&4 Shuffle forward: right, left, right
5-6 Step left forward, pivot ½ turn right (weight on right)
7&8 Shuffle forward : left, right, left

[33-40] SHIMMIES (R.L.)

1-4 Large step right to side (body low), shimmy, tap left next to right (standing up), hold
5-8 Large step left to side (body low), shimmy, tap right next to left ((standing up), hold

[41-48] ROCKING CHAIR, PIVOTS ¼ TURN HIP CIRCLE (2X)

1-4 Rock right forward, recover to left, rock right backward, recover to left
5-6 Step right forward, roll hips ¼ left (weight ends on left)
7-8 Step right forward, roll hips ¼ left (weight ends on left)

[49-64] REPEAT THE COUNTS : 33- 48

PARTY B: (32 counts)

[1-8] TOUCH FORWARD & KNEE (IN,OUT,IN,OUT) , BACK ROCK, RECOVER (2X)

1&2& Cross/Touch right toe over left and turn right knee (in, out, in, out)
3-4 Rock right back, recover to left
5&6& Cross/Touch right toe over left and turn right knee (in, out, in, out)
7-8 Rock right back, recover to left

[9-16] JAZZ BOX ¼ TURN RIGHT (2X)

1-4 Cross right over left, ¼ turn right and step left back, step right to side, step left forward
5-8 Cross right over left, ¼ turn right and step left back, step right to side, step left forward

[17-32] REPEAT THE COUNTS : 1- 16

TAG 1: 4 BASIC MERENGUE STEPS TO THE RIGHT & TAP, REPEAT TO THE LEFT

1-8 Step right to side, step left together (4X).....tap left next to right

9-16 Step left to side, step right together (4X).....tap right next to left

TAG 2: JAZZ BOX

1-4 Cross right over left, step left back, step right to side, step left forward
