

Caterina

拍數: 66 牆數: 2 級數: Improver
編舞者: Cato Larsen (NOR) - June 2011
音樂: Caterina - Helmut Lotti : (CD: The Crooners - 2006)



Intro: Start on the word "rina" straight away (3 seconds). Motion: Smooth (Slow Fox).

[1 – 8] Weave right, Cross Rock, Side with Hip Bump.

1,2 Cross left over right (1), Step right to right side (2). [12.00]
3,4 Cross left behind right (3), Step right to right side (4).
5,6 Cross left over right (5), Rock (recover) back again onto right (6).
7,8 Step left to left side Bumping hips left (7), Bump hips right (8).

[9 – 16] Hip Bump, Hold, Hip Bumps, Hold, Sway.

1,2 Bump hips left (1), Hold (2).
3,4,5,6 Bump hips right (3), Bump hips left (4), Bump hips right (5), Hold (6).
7,8 Softly push weight over to the left leg (7,8).

Note: All Hip Bumps are done with a soft rocking motion from side to side.

[17 – 24] Cross Rock, Side, Crossing Toe Strut, Side Toe Strut.

1,2 Cross right over left (1), Rock (recover) back again onto left (2).[10.30]
3,4 Step right to right side (3), Hold (4). [12.00]
5,6 Cross left toe over right (5), Drop left heel and Click fingers (6). [1.30]
7,8 Touch right toe to the right side (7), Drop right heel and Click fingers (8). [1.30]

[25 – 32] Cross Rock, Side, Crossing Toe Strut, Side Toe Strut.

1,2 Cross left over right (1), Rock (recover) back again onto right (2). [1.30]
3,4 Step left to left side (3), Hold (4).[12.00]
5,6 Cross right toe over left (5), Drop right heel and Click fingers (6). [10.30]
7,8 Touch left toe to the left side (7), Drop left heel and Click fingers (8).[10.30]

[33 – 40] Jazz Box ½ turn, Diagonal Slow Walk.

1,2 Cross right over left (1), Step back on left (2). [10.30]
3,4 Pivot ½ turn right Stepping forward on right (3), Step forward on left (4).[4.30]
5,6 Slow Step right diagonally forward right (5,6).
7,8 Step forward on left Pushing hips forward (7), Push hips back (8).

[41 – 48] Rocking Motion with Hips.

1,2 Push hips forward again (1), Hold (2).[4,30]
3,4 Push hips back (3), Push hips forward (4),
5,6 Push hips back (5), Hold (6).
7,8 Softly Push hips forward again and weight left leg (7,8).[4.30]

All Hip Bumps are done with a soft rocking motion forth and back.

[49 – 56] Side Rock Cross, Side Rock Cross, Slow Unwind.

Straightening up to the 3 O'clock wall (your nearest left wall);

1,2 Step right to right side (1), Rock (recover) back again onto left (2).[3.00]
3,4 Cross right over left (3), Step left to left side (4).
5,6 Rock (recover) back again onto right (5), Cross left over right (6).
7,8 Unwind ½ turn right (7,8). Weight on right. [9.00]

[57 – 66] Mambo 1/4 turn, Unwind Full turn, Side, Hold.

1,2 Step forward on left (1), Rock (recover) back again onto right (2).

3,4 Pivot ¼ turn left Stepping left to left side (3), Hold (4). [6.00]
5,6,7,8 Cross right over left (5), Unwind slowly full turn left (6,7,8).
9,10 Step right to the right side (9), Hold (10). [6.00]
