

Rabiosa

拍數: 64 牆數: 2 級數: Intermediate

編舞者: Kate Sala (UK) - September 2011

音樂: Rabiosa (feat. Pitbull) - Shakira : (CD Single, Also on the album "Sole El Sol with Shakira ft. El Cata")



Start after a 16 count Intro.

Step Pivot 1/4 Turn Left, Cross Shuffle, Turn 1/4 Right Stepping Back, Side, Syncopated Rock Steps.

- 1, 2 Step forward on R. Pivot 1/4 turn left rolling the hips.
- 3 & 4 Cross step R over L. Step L to left side. Cross step R over L.
- 5, 6 Turn 1/4 right stepping back on L. Step R to right side. (12:00)
- 7&8& Cross rock on L over R. Recover on R. Rock out on L to left side. Recover on R.

Cross, Side, Sailor 1/2 Turn Left, Ball Step, Step Forward, Knee Rolls.

- 1, 2 Cross step L over R. Step R to right side.
- 3 & 4 Cross step L behind R. Turn 1/4 left stepping R to right side. Turn 1/4 left stepping forward on L.
- & 5 Step on ball of R behind L. Step forward on L. (6:00)
- 6, 7 Step forward on R. Lift L heel popping L knee forward.
- & 8 Drop L heel straightening leg & lift R heel popping R knee forward. Drop R heel. Weight on L.

Step, Lock, Step Lock Step, Kick Ball Step, Swivel Turn 1/4 Left, Swivel Turn 1/4 Right With Sweep.

- 1, 2 Step forward on R. Lock step L behind R.
- 3 & 4 Step forward on R. Lock step L behind R. Step forward on R.
- 5 & 6 Kick L forward. Step down on ball of L. Step forward on R.
- 7 Swivel heels right making 1/4 turn left.
- 8 Swivel heels left making 1/4 turn right while sweeping R leg round from front to back.

Sailor Step, Ball Side Touch, Slide In, Turn 1/4 Right, Step Turn 1/2 Right, Turn 1/4 Right Stepping Left.

- 1 & 2 Cross step R behind L. Step L to left side. Step R to right side.
- & 3 4 Step L next to R. Relax L knee and touch R out to right side. Drag R in towards L.
- 5, 6 Turn 1/4 right stepping forward on R. Step forward on L.
- 7, 8 Pivot 1/2 turn right. Turn 1/4 right stepping L out to left side. (6:00)

Cross Rock, Chasse Right, Forward Rock, Triple 1/2 Turn Left.

- 1, 2 Cross rock R over L. Recover back on to L.
- 3 & 4 Step R to right side. Step L next to R. Step R to right side.
- 5, 6 Rock forward on L. Recover back on to R.
- 7 & 8 Turn 1/2 left stepping on L, R, L.

Cross Touch, Side Touch Right, Side Switches, x 2

- 1, 2 Cross touch R over L. Touch R out to R side.
- &3&4 Step R next to L. Touch L out to left side. Step L next to R. Touch R out to R side.
- 5, 6 Cross touch R over L. Touch R out to R side.
- &7&8 Step R next to L. Touch L out to left side. Step L next to R. Touch R out to R side. * Restart on wall 2.

Cross Rock, Chasse Right, Forward Rock, Full Turn Back Over Left Shoulder.

- 1, 2 Cross rock R over L. Recover on to L.
- 3 & 4 Step R to right side. Step L next to R. Step R to right side.
- 5, 6 Rock forward on L. Recover onto R.
- 7, 8 Turn 1/2 left stepping forward on L. Turn 1/2 left stepping back on R.

Rock Back, Forward Coaster Step, 1 & 1/2 Turn Back Over Right Shoulder, Step Forward

- 1, 2 Rock back on L. Recover on to R.
3 & 4 Step forward on L. Step R next to L. Step back on L.
5, 6 Turn 1/2 right stepping forward on R. Turn 1/2 R stepping back on L.
7, 8 Turn 1/2 right stepping forward on R. Step forward on L.

Restart: Restart during wall 2 after 48 counts. Facing 6 o'clock.

Tag: add the tag during wall 5, after 32 counts, then restart from the beginning of the dance.

Syncopated rock steps. (Facing 12 o'clock).

- 1 & 2 & Rock forward on R. Recover on to L. Rock back on R. Recover on to L.
3 & 4 & Rock forward on R. Recover on to L. Rock back on R. Recover on to L.
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