

Mi Condena

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gudrun Schneider (DE) & Dirk Osterloh - December 2011
音樂: Mi Condena - Marcos Llunas



Samba Step R, Rock Forward, Back L + R, ¼ Turn L, Cross, Side

1&2 Cross Right Over Left – Step Left Side And Weight To Right
3-4 Rock Left Forward, Recover (Weight To Right)
5-6 Walk Back Left - Right
&7-8 ¼ Turn Left And Step Left – Cross Right Over Left And Step Left Side

Sailor Step, Behind - ½ Turn L, Jazz Box

1&2 Cross Step Right Behind Left, Step Left Side, Step Right Side
3-4 Cross Step Left Behind Right – ½ Turn Left On Place
5-6 Cross Right Over Left, Step Back Left
7-8 Step Right To Right, Step Left Forward

Walk R + L, Close, Side Rock L, Walk L + R, Close, Side Rock R

1-2 Walk Right - Left
&3-4 Right Together – Side Rock Left, Weight To Right
5-6 Walk Left - Right
&7-8 Left Together – Side Rock Right, Weight To Left

Rock Forward, Coaster Step R + L

1-2 Rock Right Forward, Recover To Left
3&4 Back Right, Close, Step Right
5-6 Rock Left Forward, Recover To Right
7&8 Back Left, Close, Step Left

Side Touch R + L, ¼ Turn R – Step, ¼ Turn-Close, ¼ Turn R-Close, ¼ Turn R

1-2 Step Right, Touch Left Together
3-4 Step Left, Touch Right Together
5& ¼ Turn Right With Step Forward – Left Behind Close Right (3.00)
6& ¼ Turn Right With Step Forward – Left Behind Close Right (6.00)
7& ¼ Turn Right With Step Forward – Left Behind Close Right (9.00)
8 ¼ Turn Right With Step Forward (12.00)

Side Touch L + R, Step With ¼ Turn L, ½ Turn L, ½ Turn L

1-2 Step Left, Touch Right Together
3-4 Step Right, Touch Left Together
5-6 ¼ Turn Left With Step Forward – ½ Turn Left With Step Back
7-8 ½ Turn Left With Step Left Forward – Step Right

Mambo Step, Back R + L, ½ Turn R, ¼ Turn R, Sailor Step

1&2 Rock Forward Left, Rock Back Right, Step Back Left
3-4 Walk Back Right - Left
5-6 ½ Turn Right With Step Right Forward – ¼ Turn Right With Step Left Side
7&8 Cross Step Right Behind Left, Step Left Side, Step Right Side

Rock Forward, Shuffle In Place Turning Full L, Step, ½ Turn R, ½ Turn R

1-2 Rock Left Forward, Recover (Weight To Right)
3&4 Triple Turn On Place (Left - Right – Left)

5-6 Step Right, ½ Turn Right With Step Back
7-8 ½ Turn Right With Step Forward, Step Left

Keep Smiling And Have Fun!
