

Canta Canta Canta

拍數: 64 牆數: 2 級數: High Beginner / Improver
編舞者: John Warnars (NL) - February 2012
音樂: Canta, Canta, Canta - Frank Galan : (CD: Fiesta d'amor)



Info: 2 restarts in walls 3 & 6, after count 4 from block 7. (count 52)

Intro: 16 counts

(01-08) R SIDE STEP, TAP, L SIDE STEP, TAP, R SCISSOR STEP, HOLD;

- 1 RF step to right side
- 2 LF tap with toes LF next RF
- 3 LF step to left side
- 4 RF tap with toes RF next LF
- 5 RF step to right side
- 6 LF step\close LF next RF
- 7 RF cross step RF over LF
- 8 hold

(09-16) L SIDE STEP, TAP, R SIDE STEP, TAP, L SCISSOR STEP, HOLD;

- 1 LF step to left side
- 2 RF tap with toes RF next LF
- 3 RF step to right side
- 4 LF tap with toes LF next RF
- 5 LF step to left side
- 6 RF step\close RF next LF
- 7 LF cross step LF over RF
- 8 hold

(17-24) HEEL GRINDS R+L, ROCKING CHAIR

- 1 RF heel grind RF forwards (toes left side)
- 2 RF on ball of RF, toes from left to right
- 3 LF heel grind LF forwards (toes right side)
- 4 LF on ball of LF, toes from right to left
- 5 RF rock forwards
- 6 LF recover back on LF
- 7 RF rock backwards
- 8 LF recover back on LF

(25-32) STEP, ½ TURN L & HOOK, ¼ TURN L, CROSS STEP & HITCH, VINE 3 with TOUCH;

- 1 RF step forwards (weight on RF)
- 2 RF on ball of RF, make a ½ turn left (6) & hook LF for shin RF
- 3 LF cross step with ¼ turn left over RF (3)
- 4 RF lift knee up (hitch)
- 5 RF step to right side
- 6 LF cross step LF behind RF
- 7 RF step to right side
- 8 LF tap with toes LF next RF

(33-40) L SIDE STEP, TAP, R SIDE STEP, TAP, L SCISSOR STEP, HOLD;

- 1 LF step to left side
- 2 RF tap with toes RF next LF

- 3 RF step to right side
- 4 LF tap with toes LF next RF
- 5 LF step to left side
- 6 RF step\close RF next LF
- 7 LF cross step LF over RF
- 8 hold

(41-48) R SIDE STEP, TAP, L SIDE STEP, TAP, R SCISSOR STEP, HOLD;

- 1 RF step to right side
- 2 LF tap with toes LF next RF
- 3 LF step to left side
- 4 RF tap with toes RF next LF
- 5 RF step to right side
- 6 LF step\close LF next RF
- 7 RF cross step RF over LF
- 8 hold

(49-56) ¼ TURN R STEP BACK, ½ TURN R, R STEP FWD, R MAMBO STEP, L CLOSE;

- 1 LF step with ¼ right backwards (6)
- 2 RF step with ½ right forwards (12)
- 3 LF step forwards
- 4 hold
- 5 RF rock forwards
- 6 LF recover back on LF
- 7 RF step back wards
- 8 LF step\close LF next RF (weight on LF)

(57-64) R STEP FWD, ½ PIVOT L, R STEP FWD, HOLD, FULL TURN R, L STEP FWD, HOLD;

- 1 RF step forwards
- 2 LF+RF make a ½ turn left (6)
- 3 RF step forwards
- 4 hold
- 5 LF step with ½ turn right backwards (12)
- 6 RF step with ½ turn right forwards (6)
- 7 LF step forwards
- 8 hold

[1] RF start again (step to right side)

**Restarts; dance the third & sixth wall up to count 52,
(count 4 from block 7(hold)) and re-start the dance again.**
