

Me Gustas Tu

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Anja Bach Christensen (DK) - February 2011
音樂: Me Gustas Tú (feat. Yomo) - Alexis y Fido



Intro: 64 counts. (1&2, 3&4, 5&6, 7&8) - Start on RF (Weight on LF) (facing 12.00)
One repeat: Repeat of the counts 49 – 62 on wall 4.

[1-8] Mambo fw. RF, mambo back LF with touch, rumbabox fw.

1&2 Step RF fw. (1), lift LF up and down in place (&), step RF back (2). (12.00)
3&4 Step LF back (3), lift RF up and down in place (&), LF touch besides RF(4). (12.00)
5&6 Step LF to L side (5), step RF together with LF (&), step LF fw. (6). (12.00)
7&8 Step RF to R side (7), step LF together with RF (&), step RF back (8). (12.00)

[9-16] Chasse with ½ turn L, ¼ shuffeltorn L, LF kick ball with point to the R, RF Kick ball with point to the L.

1&2 Step LF ¼ turn to L (1), step RF together with LF (&), step LF 1/4turn to L (2). (06.00)
3&4 Step RF ½ turn over L shoulder (1), step LF together with RF (&), step RF to R side (4). (03.00)
5&6 Kick LF fw. (5), step LF down(&), point with RF to the R (6). (03.00)
7&8 Kick RF fw. (7), step RF down (&), point with LF to the L (8). (03.00)

[17-24] Chasse L with ¼ turn, ½ shuffeltorn L, coasterstep LF, shuffle fw. RF.

1&2 Step LF ¼ turn to the L(1), step RF together with LF (&), step LF fw. (2). (12.00)
3&4 Step RF ¼ turn L over L shoulder (3), step LF together with RF (&), step RF back with ¼ turn R and turn LF a ¼ turn R still keeping LF in place (4). (06.00)
5&6 Step back on LF (5), step RF beside LF (&), step fw. on LF (6). (06.00)
7&8 Step RF fw. (7), step LF together with RF (&), step RF fw. (8). (06.00)

[25-32] Mambo L, mambo R, mambo L, sailor step with ½ turn R.

1&2 Step LF to L side (1), lift RF up and down in place (&), step LF together with RF (2). (06.00)
3&4 Step RF to R side (3), lift LF up and down in place (&), step RF together with LF (4). (06.00)
5&6 Step LF to L side (5), lift RF up and down in place (&), step LF together with RF (6). (06.00)
7&8 Step RF behind LF with a ¼ turn (7), LF ½ turn R (&), RF ¼ turn R stepping slightly fw. on RF (8). (12.00)

[33-40] Side rock cross L, side rock cross R, step back LF, ½ turn R with hook and clap, lock step fw. with LF.

1&2 Step LF to L side (1), recover on RF (&), cross LF over RF (2). (12.00)
3&4 Step RF to R side (3.), recover on LF (&), cross RF over LF (4). (12.00)
5&6 Step back on LF (5), LF ½ turn over R shoulder RF on ball of LF keeping RF off the floor (clap) (&), step RF fw. (6). (06.00)
7&8 Step LF fw. (7), lock RF behind LF (&), step LF fw. (8). (06.00)

[41-48] Mambo fw. RF, chasse L side, cross rock to L side, step R side, cross rock to R, step back LF/R hip up.

1&2 Step RF fw. (1), lift LF up and down in place (&), step RF back (2). (06.00)
3&4 Step LF to L (3), step RF together with LF (&), step LF to L (4). (06.00)
5&6 Cross RF over LF (5), recover on LF (&), step RF to R (6). (06.00)
7&8 Cross LF over RF (7), recover on RF (&), step LF back/R hip lift up (8). (06.00)

[49-56] R hip drop – lift - drop, RF step back/L hip up, L hip drop – lift – drop, LF step back/R hip up, R hip drop – lift - drop, RF step back/L hip up, L hip drop – lift – drop.

1&2 R hip drop down (1), R hip lift up (&), R hip drop down (2). Weight on L. (06.00)
& Step RF back/L hip lift up (&). (06.00)

3&4 L hip drop down (3), L hip lift up (&), L hip drop down (4). Weight on R. (06.00)
& Step LF back/R hip lift up (&). (06.00)
5&6 R hip drop down (5), R hip lift up (&), R hip drop down (6). Weight on L. (06.00)
& Step RF back/L hip lift up (&). (06.00)
7&8 L hip drop down (7), L hip lift up (&), L hip drop down (8). Weight on R. (06.00)

[57–64] Mambo diagonal (7.00) L, mambo diagonal (5.00) R, hips roll R, hips roll R.

1&2 Step LF diagonal (7,00) (1), lift RF up and down in place (&), step LF together with RF (2). (06.00)
3&4 Step RF diagonal (5.00) (3), lift LF up and down in place (&), step RF together with LF (4). (06.00)
5&6 Stay in place and make a full hipp roll R (5&6). (06.00)
7&8 Stay in place and make a full hipp roll R (7&8). (End with weight on LF). (06.00)

Wall 1 : Restart after count 59 - 60 (3&4) the 2. mambo diagonal (5.00) R – keep the weight on LF and sweep RF slowly together with LF so only the R toe touch the floor on count 60 (4) .

Wall 3 : 20 counts Tag after counts 30 – 32 (7&8) the sailor step with ½ turn. After tag then a restart .

The Tag: 20 counts.

[1-4]: LF L side, hold.

1, 2 Step LF L side on 1 (then the music stops), – hold stil on 2 (12.00)
3, 4 hold (music stop) (12.00)

[1-8]: Swivel toe – heel – toe - heel, hipps roll R, hipps roll R.

1, 2 Swivel R toe L (1), swivel R heel L (2). (12.00)
3, 4 Swivel R toe L (3), swivel R hell L (4). (12.00)
5&6 Stay in place and make a full hipp roll R (5&6). (12.00)
7&8 Stay in place and make a full hipp roll R (7&8). (12.00)

[9-16] Chasse R, mambo back, mambo R, mambo L.

1&2 Step RF(1), step LF together with RF (&), step RF R (2). (12.00)
3&4 Step LF back (3), lift RF up and down in place (&), step LF together with RF (4). (12.00)
5&6 Step RF R (5), lift LF up and down in place (&), step RF together with LF (6). (12.00)
7&8 Step LF L (7), lift RF up and down in place (&), step LF together with RF (8). (12.00)

Restart: Wall 4 : Counts 63-64 (7&8) at the last hip roll – make only a half hip roll (7), step back on LF (&), lift your R hip up.(8). (Then you are ready to repeat counts 49 – 62 on wall 4).

Ending: Wall 4 : Repeat after the full dance the counts from the 49 – 62 counts and end the dance with counts 63 – 64 (7&8) with stepping RF fw. (7), ½ turn slowly L (&8) and point with your RF to the R.(&1). End with your weight on the LF and facing 12.00.

Note: At the hip drop, lift, drop – if you want to use the arms – you can lift your R arm, so the fingers point to the ceiling and the back of the hand pointing (03.00) and your L arm in a posing position without touching your L hip and let your fingers on L hand pointing to your the hip that are bouncing. (Belly dance style).

This is my first choreographe – I hope you will enjoy it – I do!

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