

No Es Una Novela

拍數: 88 牆數: 4 級數: Improver - Bachata style
編舞者: Maryloo (FR) - March 2012
音樂: No Es una Novela - Monchy & Alexandra



[1-8] : WALKS FORWARD AND BACKWARD WITH TOE TOUCHES

1-4 Walk forward left, right, left, touch right to side with hip bump
5-8 Walk back right, left, right, touch left to side with hip bump

[9-16] : WALKS FORWARD AND BACKWARD WITH TOE TOUCHES

1-4 Walk forward left, right, left, touch right to side with hip bump
5-8 Walk back right, left, right, touch left to side with hip bump

[17-24] : ROLLING VINE AND TOUCH (L.R.)

1-4 ¼ turn left stepping left forward, ¼ turn left stepping right to side, 1/2 turn left stepping left to side, touch right to side with hip bump
5-8 ¼ turn right stepping right forward, ¼ turn right stepping left to side, 1/2 turn right stepping right to side, touch left to side with hip bump

[25-32]: ¼ TURN LEFT AND ¾ TURN RIGHT MONTEREY SPIN WITH TOES TOUCHES

1-4 ¼ turn left stepping left forward, step right together, step left together, touch right toe to side
5-8 ¾ turn right stepping right together, step left together, step right together, touch left toe to side with hip bump

[33-56] : Repeat the counts 1-24

[57- 64]: MERENGUE STEPS (L.R.) (BACHATA BASICS)

1-4 Step left to side, step right together, step left to side, touch right to side with hip bump
5-8 Step right to side, step left together, step right to side, touch left to side with hip bump

[65- 72]: CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SWEEP

1-4 Cross left over right, step right to side, cross left behind right, sweep right toe out from front to back
5-8 Cross right behind left, step left to side, cross right over left, sweep left toe out from back to front

[73-80] : MODIFIED JAZZ BOX ¼ TURN LEFT, SWEEP, BEHIND, SIDE, CROSS, SWEEP

1-4 Cross left over right, ¼ turn left stepping right back, cross left behind right, sweep right toe out from front to back
5-8 Cross right behind left, step left to side, cross right over left, sweep left toe out from back to front

[81-88] : STEP FORWARD, TOUCH, STEP BACK, TOUCH (2X) WITH SHIMMY

1-4 Step left forward, touch right behind left, step right back, touch left forward
5-8 Step left forward, touch right behind left, step right back, touch left forward
option : shimmy shoulders