

Ciega Sordomuda

拍數: 72 牆數: 1 級數: Improver - Samba
編舞者: Nena Matela (USA) - March 2012
音樂: Ciega, Sordomuda - Shakira : (CD: Grandes Exitos)



Start dancing on lyrics

FORWARD STEPS-KICK, BACK STEPS-TOUCH

1-4 Step forward right, left, right, kick left forward
5-8 Step back left, right, left, touch right to side
9-16 Repeat 1-8

BOTA FOGOS

1a2 Cross right over left, step ball of left to side, step right in place
3a4 Cross left over right, step ball of right to side, step left in place
5-8 Repeat 1-4

TRAVELING VOLTAS, BOTA FOGOS

1 Cross right over left
a2a3a4 Step left toe to side, cross right over left (3x)
5a6 Cross left over right, step ball of right to side, step left in place
7a8 Cross right over left, step ball of left to side, step right in place

BOTA FOGOS, TRAVELING VOLTAS

1a2 Cross left over right, step ball of right to side, step left in place
3a4 Cross right over left, step ball of left to side, step right in place
5 Cross left over right
a6a7a8 Step right toe to side, cross left over right (3x)

SAMBA WALKS, STEP TURNS WITH HIP ROLL

1a2 Step right forward, step ball of left back, step right in place
3a4 Step left forward, step ball of right back, step left in place
5-8 Repeat 1-4
9-10 Step right forward, turn 1/4 left rolling hips to right
11-16 Repeat 9-10 three times

SIDE-BEHIND-SIDE-CROSS-CHASSE-BACK ROCK (RIGHT, LEFT)

1-4 Step right to side, cross left behind right, step right to side, cross left over right
5&6 Chasse to right stepping right, left, right
7-8 Turn 1/8 left and rock left back, recover to right and turn 1/8 right
9-12 Repeat 1-4 with opposite foot and direction
13-14 Chassé side left, right, left
15-16 Turn 1/8 right and rock right back, recover to left and turn 1/8 left

REPEAT