

Bara Bara

拍數: 32 牆數: 4 級數: Novice
編舞者: Ivonne Verhagen (NL) - August 2012
音樂: Bara Bara Bere Bere - Michel Teló : (iTunes)
或: Bará Bará Berê Berê - Léo Rodriguez : (iTunes)



Dance starts after 32 counts (instrumental)

CROSS SAMBA, CROSS SAMBA, PADDLE ¼ LEFT, PADDLE ¼ LEFT

1&2 RF cross over LF, LF rock left side, RF weight back on RF
3&4 LF cross over RF, RF rock right side, LF weight back on LF
5-6 RF step forward, 1/8 turn left (shimmy shoulders)
7-8 RF step forward, 1/8 turn left (shimmy shoulders)

PIVOT ½ TURN LEFT, SHUFFLE FORWARD, ½ TURN RIGHT, ¼ TURN RIGHT, CROSS SHUFFLE

1-2 RF step forward, ½ turn left & LF step forward,
3&4 RF step forward, LF close to RF, RF step forward
5-6 ½ turn right & LF step back, ¼ turn right & RF step side
7&8 LF cross over RF, RF close to LF, LF cross over RF

SIDE ROCK, ¼ TURN LEFT, WALK, CLOSE, SAILOR STEP, SAILOR ¼ TURN LEFT

1-2 RF rock to the right side, ¼ turn left & Weight on LF
3-4 RF walk forward, LF close to RF
5&6 RF cross behind LF, LF step side, RF step side
7&8 ¼ turn left & LF cross behind RF, RF steps side, LF step side

*Restart in wall 3 & 7

SAILOR STEP, SAILOR ½ TURN LEFT, WALK, WALK, STEP FORWARD, ¼ TURN LEFT

1&2 RF cross behind LF, LF step side, RF step side
3&4 ½ turn left & LF cross behind RF, RF steps side, LF step side
5-6 RF walk forward, LF walk forward
7-8 RF step forward, ¼ turn left & Weight on LF

* Restart in wall 3 & 7 after 24 counts

Have fun!

Contact:-

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