

Spanish Lulaby

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: John Sandham (ES) - September 2012
音樂: Whispering in Spanish - Raul Malo : (Album: Kid Pan Alley -The Nashville Chamber Orchestra)



32 count intro start on the word "wind")

Right step slide cross left step slide cross

- 1-2 step right-to-right side. Slide left up to right.
- 2-4 cross right over left. Hold for 1 count.
- 5-6 step left foot to left side. Slide right foot up to left.
- 7-8 cross left foot over right foot. Hold for 1 count.

Rumba box-right side forward left side coaster back

- 1-2 step right foot to right side. Step left next to right.
- 3-4 step right foot forward. Hold for 1 count.
- 5-6 step left foot to left side. Step right next to left.
- 7&8 step back on left foot-step together with right foot-step forward left on foot.

Rock forward recover back recover rock forward recover turn 2 3

- 1-2 rock forward on right foot. Recover on left foot.
- 3-4 rock back on right foot. Recover on left foot.
- 5-6 rock forward on right foot. Recover on left foot.
- 7&8 make a ½ turn right on right-left-right.

Step ½ pivot turn 2 3 rock back recover toe strut

- 1-2 step forward on left foot. Pivot ½ turn right on both feet.
- 3&4 make a ½ turn right on left right left.
- 5-6 rock back on right foot. Recover on left foot.
- 7-8 step forward with right toe. Bring heel to the floor (toe strut)

Repeat the above 32 counts on the opposite foot = 64 counts

i.e. sec 1 would be step left foot to side

The dance is made up of 64 counts done twice then adds 4 count tag

- 1-2 long step to right side on right foot. Slide left foot slowly up to right.
- 3-4 continue slow slide to right. Change weight over to left foot.

Start over! Repeating the entire sequence as above one more time
