

Juan Guadalupe (P)

拍數: 64 牆數: 0 級數: Intermediate - Partner
編舞者: Mariette Villeneuve (CAN) & Jean-Marc Villeneuve (CAN) - 2011
音樂: Juan Guadalupe - Montana Rose



Closed Western Position

Man facing L.O.D. and Woman facing R.L.O.D.

Steps for Man and Woman are opposite or as indicated

16 count intro

[1-8] M : Rock Step, Shuffle Back, Back Rock Step, Shuffle Fwd,

[1-8] W : Back Rock Step, Shuffle Fwd, Rock Step, Shuffle Back,

1-2 M : Rock LF Forward – Back on RF

1-2 W : Rock RF Behind – Back on LF

3&4 M : Shuffle Backward LF, RF, LF

3&4 W : Shuffle Forward RF, LF, RF

5-6 M : Rock RF Behind – Back on LF

5-6 W : Rock LF Forward – Back on RF

7&8 M : Shuffle Forward RF, LF, RF

7&8 W : Shuffle Backward LF, RF, LF

[9-16] M : Walk, Walk, Shuffle Fwd, Walk, Walk, Shuffle Fwd,

[9-16] W : 1/2 Turn, 1/2 Turn, Shuffle Back, Back, Back, Shuffle Back,

The woman passes under the man's left arm and right arm

1-2 M : LF Forward – FF Forward

1-2 W : RF, 1/2 turn to the right – LF Behind, 1/2 turn to the right

Return to Closed Western position

3&4 M : Shuffle Forward LF, RF, LF

3&4 W : Shuffle Backward RF, LF, RF

5-6 M : RF Forward – LF Forward

5-6 W : LF Back – RF Back

7&8 M : Shuffle Forward RF, LF, RF

7&8 W : Shuffle Backward LF, RF, LF

[17-24] Side Rock Step 1/4 Turn, Shuffle Fwd, Step, Pivot 1/2 Turn, Shuffle Fwd,

Hold man's left hand in woman's right hand

1-2 M : Rock LF left, 1/4 turn to the right – Back on RF

1-2 W : Rock RF right, 1/4 turn to the left – Back on LF

3&4 M : Shuffle Forward LF, RF, LF

3&4 W : Shuffle Forward RF, LF, RF

Release hands

5-6 M : RF Forward - Pivot 1/2 turn to the left

5-6 W : LF Forward - Pivot 1/2 turn to the right

Right Open Promenade position, facing I.L.O.D.

7&8 M : Shuffle Forward RF, LF, RF

7&8 W : Shuffle Forward LF, RF, LF

[25-32] M : Step, Pivot 1/4 Turn, Triple Step, Back Rock Step, Shuffle Fwd,

[25-32] W : Step, Pivot 1/2 Turn, Shuffle 1/4 Turn, Back Rock Step, Shuffle 1/2 Turn,

Woman passes under man's right arm and left arm

1-2 M : LF Forward - Pivot 1/4 turn to the right

1-2 W : RF Forward - Pivot 1/2 Turn to the left

3&4 M : Triple Step LF, RF. LF, in place
3&4 W : Shuffle Backward RF, LF, RF, 1/4 turn to the left

Right Open Promenade position, facing L.O.D.

5-6 M : Rock RF Behind - Back on LF

5-6 W : Rock LF Behind – Back RF

Woman passes under man's right arm and left arm

7&8 M : Shuffle Forward RF, LF, RF

7&8 W : Shuffle LF, RF, LF, 1/2 turn to the right

Closed Western position, man facing L.O.D. and woman facing R.L.O.D.

[33-40] M : (Cross Rock Step) X2, Triple Step, Step, Step,

[33-40] W : (Back Rock Step) X2, Triple Full Turn, Step, Step,

1-2 M : Rock LF in front of RF – Back on RF

1-2 W : Rock RF behind LF – Back on LF

3-4 M : Rock LF in front of RF – Back on RF

3-4 W : Rock RF behind LF – Back on LF

Woman passes under the man's left arm and right arm

5&6 M : Triple Step LF, RF, LF, in place

5&6 W : Triple Step RF, LF, RF, in place, 1 complete turn to the right

7-8 M : RF in place - LF in place

7-8 W : LF in place - RF in place

Return to Closed Western position, man facing L.O.D. and woman facing R.L.O.D.

[41-48] M : (Cross Rock Step) X2, Triple Step, Step, Step,

[41-48] W : (Back Rock Step) X2, Triple Full Turn, Step, Step,

1-2 M : Rock RF in front of LF - Back on LF

1-2 W : Rock LF behind RF - Back on RF

3-4 M : Rock RF in front of LF - Back on LF

3-4 W : Rock LF behind RF - Back on RF

Woman passes under man's left arm and right arm

5&6 M : Triple Step RF, LF, RF, in place

5&6 W : Triple Step LF, RF, LF, in place, 1 complete turn to the left

7-8 M : LF in place - RF in place

7-8 W : RF in place - LF in place

Return to Closed Western position, man facing L.O.D. and woman facing R.L.O.D.

[49-56] 1/4 Turn, Behind, Side, Cross, Side, Behind, Triple Step,

1-2 M : LF, 1/4 turn to the right - Cross RF behind LF

1-2 W : RF, 1/4 turn to the right - Cross LF in front of RF

Man faces O.L.O.D. and woman faces I.L.O.D.

3-4 M : LF to the left - Cross RF in front of LF

3-4 W : RF to the right - Cross LF behind RF

5-6 M : LF to the left - Cross RF behind LF

5-6 W : RF to the right - Cross LF in front of RF

7&8 M : Triple Step LF, RF, LF, in place

7&8 W : Triple Step RF, LF, RF, in place

[57-64] M : Step, Slide, Step, Slide, Triple 1/2 Turn, Step, Pivot 1/4 Turn.

[57-64] W : Step, Slide, Step, Slide, Triple 1/2 Turn, 1/4 Turn, 1/2 Turn.

Woman passes under man's left arm and right arm

1-2 M : RF Forward - Slide LF next to RF

1-2 W : LF Forward - Slide RF next to LF

3-4 M : RF Forward - Slide LF next to RF

3-4 W : LF Forward - Slide RF next to LF

5&6 M : Triple Step RF, LF, RF, in place, 1/2 turn to the left

5&6 W : Triple Step LF, RF, LF, in place, 1/2 turn to the right

Man facing I.L.O.D. and woman facing O.L.O.D.

Woman passes under man's left arm and right arm

7-8 M : LF Forward - Pivot 1/4 turn to the right

7-8 W : RF, 1/4 turn to the left - LF behind, 1/2 turn to the left

Return to Closed Western position

Tag: After the 3rd routine, redo the first 16 counts before the instrumental part and start again from the beginning !

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