

Baile!

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lori Manary (USA) - November 2012
音樂: Crazy Love - Mara : (iTunes)



Start with the lyrics

Alternate Music: "Good To Be Me" by Uncle Kracker, [iTunes]

ROCK, RECOVER, ½ TURN TRIPLE STEP RIGHT, SIDE ROCK LEFT, CROSS STEP RIGHT

1-2 Right rock forward (2) Recover on Left
3&4 (3) ¼ Turn Right (&) Bring Left Next to Right (4) ¼ Turn Right
5,6 (5) Side Rock Left (6) Recover on Right
7&8 (7) Cross Left in Front of Right (&) Side Step Right Behind Left (8) Cross Left in Front of
Right 6:00

SIDE ROCK RIGHT, RECOVER LEFT WITH A ¼ PIVOT TURN LEFT, STEP LOCK R,L,R, ½ TURN TRIPLE STEP RIGHT, ½ TURN TRIPLE STEP RIGHT

9-10 (9) Side Step Right (10) Recovering on Left While Making a ¼ Pivot Turn Left
11&12 (11) Step Right Forward (&) Bring Left Behind Right (12) Step Right Forward
13&14 (13) Step Left Forward While Making ¼ Turn to Right (&) Slide Right Next to Left (14) Make
1/4 Turn Right While Stepping Back on Left
15&16 (15) Step Right Back While Making ¼ Turn to Right (&) Slide Left Next to Right (16) Make 1/4
Turn Right While Stepping Forward on Right 3:00

LEFT TOE TOUCH WITH HIP BUMP, RIGHT TOE TOUCH WITH HIP BUMP, LEFT SIDE STEP BALL CHANGE, RIGHT SIDE STEP BALL CHANGE

17& 18 (17) Left Toe Touch Slightly Forward (&) Bump Left Hip Out Left (18) Step Down on Left
19&20 (19) Right Toe Touch Slightly Forward (&) Bump Right Hip Out Right (20) Step Down on
Right
21& 22 (21) Side Step Left (&) Touch Ball of Right in Place (22) Bring Left Next to Right
23&24 (23) Side Step Right (&) Touch Ball of Left in Place (24) Bring Right Next to Left, even weight
on both feet 3:00

TAP RIGHT TOE IN PLACE, TWO 1/8 TURN HIP ROLLS TO LEFT, RIGHT TOE TOUCH BEHIND ½ TURN RIGHT, TAP- HOLD

25, 26 (25) Tap Right Toe in Place (26) Step Slightly Forward With Right Toe
27, 28 (27) 1/8 Hip Roll Turn to Left (28) Step Slightly Forward With Right Toe
29, 30 (29) 1/8 Hip Roll Turn to Left (30) Touch Right Toe Slightly Back
31, 32 (31) Make ½ Turn to Right (32) Tap-Hold 6:00

Note: Keep Steps Small and Knees Soft to Achieve the "Cuban Hip" movement/look

Contact: lmanary@yahoo.com