

Suavemente

拍數: 80 牆數: 1 級數: Phrased Novice
編舞者: Synthia Stevens - March 2013
音樂: Suave (Kiss Me) (feat. Mohombi & Pitbull) - Nayer



Sequence: A A B B C C A A B B TAG A A B B

The dance start when Nayer sings the line 'I know the craving', on the word "craving" start part A

Part A - 32 counts

Dorothy steps 2x, mambo step RF forward, ½ pivot turn R, step LF next to RF

- 1-2-& Step RF forward to right diagonal (01.30), lock LF behind RF, step RF slightly forward
- 3-4-& Step LF forward to left diagonal (10.30), lock RF behind LF, step LF slightly forward
- 5-&-6 Rock on RF forward (12.00), weight back on LF, step RF next to LF (weight on RF)
- 7-&-8 Step LF forward, ½ turn over right shoulder (06.00), step LF next to RF

Mambo step RF forward, mambo step LF back, Mambo step RF right, mambo step LF left, touch

- 1-&-2 Rock on RF forward, weight back on LF, step RF next to LF (weight on RF)
- 3-&-4 Rock on LF back, weight back on RF, step LF next to RF (weight on LF)
- 5-&-6 Rock on RF side right, weight back on LF, step RF next to LF (weight on RF)
- 7-&-8 Rock on LF side left, weight back on RF, touch LF next to RF (weight on RF)

Step LF side left, sailor-heel & cross, step RF side right, weave ¼ right

- 1 Step LF side left
- 2-&-3 Step RF behind LF, step LF slightly forward, step right heel forward
- &-4 Step RF next to LF, cross LF over RF
- 5 Step RF side right
- 6-&-7 Cross LF behind RF, step RF side right, Cross LF over RF
- 8 ¼ Turn over right shoulder (09.00) stepping RF forward

Out-out with chest pumps, push-kick LF, behind-side-cross, point RF right ¼ turn, touch

- 1-2 step LF side left (push chest forward), step RF side right (push chest forward)
- 3-4 Push weight down on LF, put weight back on RF and kick with LF
- 5-&-6 Cross LF behind RF, step RF side right, cross LF over RF
- 7-8 point RF side right, ¼ turn over right shoulder (12.00) touching RF next to LF

Part B - 32 counts

Side rock RF cross , side rock LF cross, ½ pivot turn L, shuffle forward LF

- 1-&-2 Rock RF side right, weight back on LF, cross RF over LF
- 3-&-4 Rock LF side left, weight back on RF, cross LF over RF
- 5-&-6 Step RF forward, ½ turn over left shoulder (06.00), step RF next to LF (weight on RF)
- 7-&-8 step LF forward, step RF behind LF, step LF forward

Mambo step RF forward, mambo step LF left, point-flick RF, cross shuffle RF

- 1-&-2 Rock on RF forward, weight back on LF, step RF next to LF (weight on RF)
- 3-&-4 Rock on LF side left, weight back on RF, step LF next to RF (weight on LF)
- 5-6 Point RF side right, flick RF
- 7-&-8 Cross RF over LF, LF step side left, cross RF over LF

4x Peddle turn with LF ½

- 1-2 Make 1/8 turn over right shoulder (07.30) touching LF side left
- 3-4 Make 1/8 turn over right shoulder (09.00) touching LF side left
- 5-6 Make 1/8 turn over right shoulder (10.30) touching LF side left

7-8 Make 1/8 turn over right shoulder (12.00) touching LF side left

Rock forward LF, behind-side-cross, rock forward LF, behind-side-touch

1-2 Rock LF forward, weight back on RF
3-&-4 Cross LF behind RF, step RF side right, cross LF over RF
5-6 Rock RF forward, weight back in LF
7&-8 Cross RF behind LF, LF step side left, touch RF next to LF

The 4th time you dance part B don't touch your right foot (count 32) next to left foot but step on your right foot because you have to start the tag with your left foot.

Part C - 16 counts

Side rock RF & side rock LF, step LF forward, step RF next to LF, hip roll 2 counts counter clockwise

1-2-& Rock RF side right, weight back on LF, step RF next to LF (put weight on RF)
3-4 Rock LF side left, weight back on RF
5-6 step LF forward, step RF next to LF
7-8 Hip roll counter clockwise (put weight on LF)

Monterey full turn

1-2 Point RF side right, ½ turn over right shoulder (06.00) step RF next to LF
3-4 Point LF side left, step LF next to RF
5-6 Point RF side right, ½ turn over right shoulder (12.00) step RF next to LF
7-8 Point LF side left, touch LF next to RF

TAG: The 4th time you dance part B don't touch your right foot (count 32) next to left foot but step on your right foot because you have to start the Tag with your left foot.

Starts after the 4 time you've danced part B.

Rock forward LF, behind-side-cross, rock forward RF, behind-side-touch

1-2 Rock LF forward, weight back on RF
3-&-4 Cross LF behind RF, step RF side right, cross LF over RF
5-6 Rock RF forward, weight back in LF
7&-8 Cross RF behind LF, LF step side left, touch RF next to LF

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