

Marina

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Edward Tam (MY), Penny Tan (MY) & Candy Lock (MY) - May 2013
音樂: Marina - Peppers



Note: Intro 32 counts & Dance 32 counts with no Tag or Restart

Dance Intro: 32 Counts (dance once)

[1 – 8] Bota Fogo L, R, L, R

1a2 Cross L over R, step the R to R, step L in place
3a4 Cross R over L, step the L to L, step R in place
5a6 Cross L over R, step the R to R, step L in place
7a8 Cross R over L, step the L to L, step R in place

[9 -16] Traveling Volta R, Traveling Volta L

1&2&3&4 Cross L over R, step R to R side, cross L over R, step R to R side, cross L over R, step R to R side, recover on L
5&6&7&8 Cross R over L, step L to L side, cross R over L, step L to L side, cross R over L, step L to R L side, recover on R

[17-24] Stationary Samba Walk L, R, L, R

1a2 Close L next to R fwd, step back on R, recover on L
3a4 Close R next to L fwd, step back on L, recover on R
5a6 Close L next to R fwd, step back on R, recover on L
7a8 Close R next to L fwd, step back on L, recover on R

[25-32] ¼ turn R, Walks Steps, Side Rock Recover ¼ Turn L, Then To The L

1 – 2 ¼ turn to R, step fwd on L , R (3.00)
3&4 Step fwd on L, step R to R side, recover on L ¼ turn to L (12.00)
5 – 6 ¼ turn to L, step fwd on R, L (9.00)
7&8 Step fwd on R, step L to L side, recover on R ¼ turn to R (12.00)

*Start to dance The 32 counts below

[1 – 8] Bota Fogo L , R , ¼ Turn L Bota Fogo L, R (9.00)

1a2 Cross L over R, step the R to R, step L in place
3a4 Cross R over L, step the L to L, step R in place
5a6 ¼ turn to L(9.00) with Cross L over R, step the R to R, step L in place
7a8 Cross R over L, step the L to L, step R in place

[9 – 16] Fwd Rock Recover, Step Back , Back, Coaster Steps, Fwd, Recover, Together, Shimmy

1 – 2 Step fwd on L, recover on R
3 – 4 Step back on L, R
5&6 Step back on L, step R next to L, step L fwd
7&8& Step R fwd, recover on L, step R beside L with shoulder shimmy

[17-24] Rumba Box, Coaster Steps, Fwd Rock Recover ¼ Turn L, Cross (6.00)

1&2 Step L to L side, step R beside L, step L fwd
3&4 Step R to R side, step L beside R, step back on R
5&6 Step back on L, step R next to L, step L fwd
7&8 Step R fwd, recover on L ¼ turn to L(6.00), cross R over L

[25-32] Side, Behind, Sweep, Behind, Side, Cross, Skates , Diagonal Fwd Lock Steps

1&2 Step L to L side, cross R behind L, sweep L from front to back

3&4 Step L behind R, step R to R side, cross L over R
5 – 6 Skates to R and L
7&8 Skate to R with step R fwd, lock L behind R, step R fwd

Start the dance again!

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