

Beautiful Senorita (P)

拍數: 68 牆數: 0 級數: Intermediate Partner
編舞者: Mariette Villeneuve (CAN) & Jean-Marc Villeneuve (CAN) - 2013
音樂: She Showed Me a Little Bit More - Jacob Lyda



Right Open Promenade Position Facing L.O.D.

The steps for the man and woman are the same, unless indicated

Intro 20 counts

[1-8] M : Side, Together, Shuffle Fwd, Rocking Chair,

[1-8] W : Side, Together, Shuffle Fwd, Rocking Chair,

1-2 M : LF to the left - RF next to LF

1-2 W : RF to the right - LF next to RF

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

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

5-6 M : Rock RF forward – Return on LF

5-6 W : Rock LF forward - Return on RF

7-8 M : Rock RF back - Return on LF

7-8 W : Rock LF back – Return on RF

[9-16] M : 1/2 Turn, 1/2 Turn, Shuffle Fwd, Step, Pivot 1/2 Turn, Shuffle Fwd,

[9-16] W : 1/2 Turn, 1/2 Turn, Shuffle Fwd, Step, Pivot 1/2 Turn, Shuffle Fwd,

Release hands

1-2 M : 1/2 turn to the left and RF behind - 1/2 turn to the left and LF forward

1-2 W : 1/2 turn to the right and LF behind - 1/2 turn to the right and RF forward

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

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

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

Release hands

5-6 M : Step LF forward - Pivot 1/2 turn to the right

5-6 W : Step RF forward - Pivot 1/2 turn to the left

Left Open Promenade Position, facing R.L.O.D.

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

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

[17-24] Step, Pivot 1/2 Turn, Shuffle Fwd, 1/4 Turn, Together, Triple Step,

[17-24] Release hands

1-2 M : Step RF forward - Pivot 1/2 turn to the left

1-2 W : Step LF forward - Pivot 1/2 turn to the right

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

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

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

Restart At this point of the dance

5-6 M : 1/4 turn to the right and LF forward - RF next to LF

5-6 W : 1/4 turn to the left and RF forward – LF next to RF

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

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

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

[25-32] Step, 1/4 Turn, Triple 1/4 Turn, Step, 1/4 Turn, Shuffle Fwd,

[25-32] Raise man's right hand and woman's left hand, the woman turns under the raised hands

1-2 M : Step RF forward - LF, 1/4 turn to the right

1-2 W : Step LF forward - RF, 1/4 turn to the left
3&4 M : Triple Step RF, LF, RF, 1/4 turn to the right
3&4 W : Triple Step LF, RF, LF, 1/4 turn to the left

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

The woman turns under the raised hands

5-6 M : Step LF forward - RF, 1/4 turn to the right
5-6 W : Step RF forward - LF, 1/4 turn to the left

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

7&8 M : Shuffle forward LF, RF, LF
7&8 W : Shuffle forward RF, LF, RF

[33-40] M : Side, Together, Triple Step, Walk, Walk, Shuffle Fwd,

[33-40] W : Side Together, Triple Step, 1/4 Turn, 1/4 Turn, Shuffle 1/2 Turn,

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

1-2 M : RF to the right - LF next to RF
1-2 W : LF to the left - RF next to LF

Wrap Position, facing L.O.D. man behind the woman

3&4 M : Triple Step RF, LF, RF, in place
3&4 W : Triple Step LF, RF, LF, in place

The woman turn towards the right to exit the wrap position

5-6 M : LF forward - RF forward
5-6 W : RF, 1/4 turn to the right - 1/4 turn to the right and LF back
7&8 M : Shuffle forward LF, RF, LF
7&8 W : Shuffle RF, LF, RF, 1/2 turn to the right

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

[41-48] M : 1/4 Turn, 1/4 Turn, Shuffle Back, Back Rock Step, Shuffle Fwd,

[41-48] W : Side, Together, Shuffle Fwd, Rock Step, Shuffle Back,

Raise man's right hand, man turns under the raised hand

1-2 M : RF, 1/4 turn to the left - 1/4 turn to the left and LF back
1-2 W : LF to the left - RF next to LF

Double Hand Hold Position, man facing R.L.O.D. and woman facing L.O.D.

3&4 M : Shuffle RF, LF, RF, back
3&4 W : Shuffle LF, RF, LF, forward
5-6 M : Rock LF back - Return on RF
5-6 W : Rock RF forward - Return on LF
7&8 M : Shuffle forward LF, RF, LF
7&8 W : Shuffle RF, LF, RF, back

[49-56] M : Cross Rock Step, Shuffle 1/2 Turn, Cross Rock Step, Shuffle 1/2 Turn,

[49-56] W : Back Cross Rock, Shuffle 1/2 Turn, Back Cross Rock, Shuffle 1/2 Turn,

1-2 M : Cross rock RF forward over LF - Return on LF
1-2 W : Back Cross rock LF behind RF - Return on the RF

Release hands

3&4 M : Shuffle RF, LF, RF, 1/2 turn to the right L.O.D.
3&4 W : Shuffle LF, RF, LF, 1/2 turn to the right R.L.O.D.
5-6 M : Cross rock LF forward over RF - Return on RF
5-6 W : Back Cross rock RF behind LF - Return on the LF
7&8 M : Shuffle LF, RF, LF, 1/2 turn to the left
7&8 W : Shuffle RF, LF, RF, 1/2 turn to the left

Double Hand Hold Position, man facing R.L.O.D. and woman facing L.O.D.

[57-64] M : Side Rock Step, Sailor Step, Step Fwd, 1/4 Turn, Shuffle 1/4 Turn,

[57-64] W : Side Rock Step, Sailor Step, 1/2 Turn, 1/4 Turn, Shuffle 1/4 Turn,

1-2 M : Rock RF to the right - Return on LF
1-2 W : Rock LF to the left - Return on RF

3&4 M : Cross RF behind LF - LF to the left - RF forward

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

Release left hands, raise man's right hand and woman's left hand, the woman turns under the raised hands

5-6 M : LF forward - RF, 1/4 turn to the right

5-6 W : 1/2 turn to the left and RF behind - LF, 1/4 turn to the left

7&8 M : Shuffle LF, RF, LF, 1/4 turn to the right

7&8 W : Shuffle RF, LF, RF, 1/4 turn to the left

Right Open Promenade Position, facing L.O.D

[65-68] Walk, Walk, Shuffle Fwd.

1-2 M : RF forward - LF forward

1-2 W : LF forward - RF forward

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

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

Restart: Do 2 complete routines of 68 counts of the dance,

Then do the first 20 counts of the dance and re-start the dance from the beginning

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