

Mi Ritmo

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Katrin Gäbler (DE) - August 2013
音樂: Mi Ritmo - Free Deejays



Intro - 48 Counts

[1-8] Step Right, Pivot ¼ Left, Shuffle Right, Step, Pivot ½ Right, Shuffle ½ Right

1-2 Step fwd on right, ¼ turn left on both feet [9.00]
3&4 Step fwd on right, (&) step left next to right, step fwd on right
5-6 Step fwd on left, ½ turn right on both feet [3.00]
7&8 Step left ¼ right back, step right next to left, step left ¼ right back [9.00]

[9-16] Back Rock, Recover, Cross, Side Rock x2, Cross, Side

1-2 Rock right back, weight back on left
3&4 Cross right over left, (&) rock left to left, weight back on right
5&6 Cross left over right, (&) rock right to right, weight back on left
7-8 Cross right over left, step left to left

[17-24] Back Rock, Recover, Kick Ball Step, Sit & Look, Up & Look, Kick Ball Step

1-2 Rock back on right, weight back on left
3&4 Kick right fwd, (&) step right down, Step left fwd
5-6 Dip down (like in a sitting position) & look over your right shoulder, get up & look fwd
7&8 Kick right fwd, step right down, step left fwd

[25-32] Rock Step Right, Recover, Shuffle Turn ½ Right x3

1-2 Rock fwd on right, weight back on left [9.00]
3&4 ½ Shuffle Turn right fwd, stepping r,l,r [3.00]
5&6 ½ Shuffle Turn right back, stepping l,r,l [9.00]
7&8 ½ Shuffle Turn right fwd, stepping r,l,r [3.00]

[33-40] Step Left, Pivot ¼ Right x2, Cross, Side, Behind, Flick

1-2 Step left fwd, ¼ turn right on both feet [6.00]
3-4 Step left fwd, ¼ turn right on both feet [9.00]
5-6 Cross left over right, step right to right
7-8 Cross left behind right, flick right out

[41-48] Cross, Hitch, Cross Shuffle, Side Rock, Coaster Step

1-2 Cross right over left, hitch left and turn 1/8 right on right foot
3&4 Cross left over right, (&) step right to right, cross left over right
5-6 Rock right to right, weight back on left
7&8 Step back on right, (&) close left next to right, step right fwd

[49-56] Walk, Walk, Shuffle Left, ½ Turn Left x2, Shuffle Right

1-2 Step left + right fwd
3&4 Step left fwd, (&) step right next to left, step left fwd
5-6 Step right ½ left back, step left ½ left fwd
7&8 Step right fwd, (&) step left next to right, step right fwd

[57-64] Rock Step Left, Recover, ½ Sailor Turn Left, Rocking Chair

1-2 Rock left fwd, weight back on right [9.00]
3&4 ½ Sailor Turn left, stepping l,r,l [3.00]

5-8 Rock right fwd, weight back on left, rock right back, weight back on left [3.00]

TAG: 4 Counts Tag after Wall 2! (6.00)

1-4 Step right fwd, point left out to left, Step left fwd, point right out to right

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