

Number One

拍數: 104 牆數: 2 級數: Intermediate
編舞者: Patrizia Porcu (IT) - January 2014
音樂: To Be Number One (Modified for Exhibition) - Gianna Nannini : (Album: Bomboloni
Beguine Rhythm)



Start with music

INTRODUCTION AND TAG - Counts: 40

(1-16) : R SIDE BY SIDE, TRIPLE L 5/4 TURN, R CUCARACHA, TURN 1/4 L, R CUCARACHA, HOLD

1-2-3-4 Step R side, step L beside R, step R side, hold

5-6-7-8 Step L side turning 1/2 L, step R side, turn 1/2 L, step L side, close R to L turning 1/4L

9-10-11-12 Press R side, recover L, close R to L, turn 1/4 L

13-14-15-16 Press R side, recover L, close R to L, hold

(17-32) : Repeat 1-16

(33- 40): R SIDE TO SIDE, L SIDE TO SIDE

1-2-3-4 Step R side, step L beside R, step R side, hold

5-6-7-8 Step L side, step R beside L, step L side, hold

SECTION 1: Count 12

(1 - 12): L NEW YORK, R ALEMANA, 1/2 BOX RHUMBA FW

1-2-3-4 Cross rock R over L, recover L, step R side, hold

5-6-7-8 Cross rock L over R (completely weight), turn 1/2 R and step R forward, turn 1/4 R and step L side, slide R to L (without weight)

9-10-11-12 Step R forward, step L beside R, step R side, slide L to R

SECTION 2: Count 12 (Same steps of section 1 but with opposite foot and direction)

(13-24): R NEW YORK, L SPOT TURN, 1/2 BOX RHUMBA BACK

1-2-3-4 Cross rock L over R, recover R, step L side, hold

5-6-7-8 Cross rock R over L (completely weight), pivot 1/2 L and step L forward, pivot 1/4 L and step R side, slide L to R (without weight)

9-10-11-12 Step L back, step R beside L, step L side, hold

SECTION 3: Count 8

(25-32): R AND L CUCARACHA

1-2-3-4 Press R side, recover L, point R beside L, step R (transfer completely weight)

5-6-7-8 Press L side, recover R, point L beside R, step L (transfer completely weight)

SECTION 4: Count 8

(33-40): R AND L TRIPLE STEP FULLTURN

1-2-3-4 Step R side turning 1/2 R, step L side, turn 1/2 R, step R side, hold

5-6-7-8 Step L side turning 1/2 L, step R side, turn 1/2 L, step L side, hold

SECTION 5: Count 8

(41-48): PIVOT 1/4 L AND STEP R FW, HIP PUSH BACK-FW, PIVOT 1/2 R, FW, HIP PUSH BACK-FW, SLIDE R TO L

1-2-3-4 Pivot 1/4 L and step R forward, push hips back (2) and forward (3) transferring weight, pivot 1/2 R (4)

5-6-7-8 Step L forward, push hips back and forward (6-7), slide R to L

SECTION 6: Count 8

(49-56): CUBAN BREAKS, TURN 1/4 R, CUBAN BREAKS

1-2-3-4 Step R side, push hips L-R transferring weight, slide L to R turning 1/4 R

5-6-7-8 Step L side, push hips R-L transferring weight, slide R to L (END OF 3rd and 5th WALL)

SECTION 7: Count 8

(57-64): R SIDE TO SIDE, L SIDE TO SIDE

1-2-3-4 Step R side, step L beside R, step R side, hold

5-6-7-8 Step L side, step R beside L, step L side, hold

NOTE: On 3rd and 5th wall (that are the wall before the TAG) dance only (1-56)

At the end of 3rd and 5th wall make the TAG (40 counts)

The last wall (7th) is only the counts 1-28 ending with strike pose as you like

For arms style see the demo

ENJOY.....CIAO

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