

Para Llenarme

拍數: 32 牆數: 4 級數: Improver
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音樂: Para Llenarme de Ti - Ramón



#SECTION 1 . MAMBO FORWARD-BACKWARD , CROSS , SIDE , CROSS SHUFFLE

1 & 2 Step Rf forward – recover Lf – step Rf back
3 & 4 Step Lf backward – recover Rf – step Lf forward
5 – 6 Cross Rf over Lf – step Lf side
7 & 8 Cross Rf over Lf – step Lf side – cross Rf over Lf

#SECTION 2 . COASTER CROSS , CHASSE , R TURN ¼ , SIDE , RECOVER , CROSS SHUFFLE

1 & 2 Step Lf back – step Rf side – cross Lf over Rf
3 & 4 Step Rf side – close Lf beside Rf – Turn ¼ R stepping Rf forward
5 – 6 Step Lf side – recover Rf
7 & 8 Cross Lf over Rf – step Rf side – cross Lf over Rf

#SECTION 3 . SIDE MAMBO R-L , BASIC SAMBA (FORWARD – BACKWARD)

1 & 2 Step Rf side – recover Lf – close Rf beside Lf
3 & 4 Step Lf side – recover Rf – close Lf beside Rf
5 a 6 Step Rf forward – step Lf beside RF – step Rf in place
7 a 8 Step Lf back – step Rf beside Lf – step Lf in place Rf

#SECTION 4. R TURN ½ , CROSS , SIDE , CROSS SHUFFLE , TOUCH

1 – 2 Turn ¼ R cross Rf over Lf – step Lf side
3 & 4 Turn ¼ R cross RF over Lf – step Lf side – cross Rf over Lf
5 – 6 Step Lf side – next Rf beside Lf
7 – 8 Cross Lf over Rf - touch Rf side

TAG AFTER WALL 4 (12 COUNT)

#MAMBO(FORWARD-BACKWARD), ROCK RECOVER , R TURN FULL , FORWARD

1 & 2 Step Rf forward – recover Lf – step Rf back
3 & 4 Step Lf backward – recover Rf – step Lf forward
5 & 6 Step Rf forward – recover Lf – turn ½ R stepping Rf forward
7 & 8 Step Lf forward – turn ½ R weight on Rf forward – step Lf forward

#BASIC SAMBA , CROSS SAMBA

1 a 2 Step Rf forward – step Lf beside RF – step Rf in place
3 a 4 Cross Lf over Rf – step Rf side – Step Lf in place

Last Update – 15 July 2020