Friendship +

拍數: 32

級數: High Beginner

編舞者: Mathias Pflug (DE) - February 2014

音樂: More Than Friends (feat. Daddy Yankee) - Inna

Motion: Cuban Intro: After 32 counts. Note: This dance is a floor split to "More than friends" by Daniel Trepat	
[1-8] Out R, Out L, Sailor Step R+L, Touch Behind, 1/2 Undwind Turn R	
1-2	Step R Out, Step L Out
3&4	Step R Behind L, Step L To L Side, Step R To R Side
5&6	Step L Behind R, Step R To R Side, Step L To L Side
7-8	Touch R Toe Behind L, Make 1/2 Unwind Turn R (Weight On RF) (6.00)
[9-16] (Rock Forward, Recover, 1/2 Turn Shuffle Back) L+R	
1-2	Step L Forward, Recover On R
3&4	1/4 Turn L Stepping L Forward, Step R Beside L, 1/4 Turn L Stepping L Forward (12.00)
5-6	Step R Forward, Recover On L
7&8	1/4 Turn R Stepping R Forward, Step L Beside R, 1/4 Turn R Stepping R Forward (6.00)
[17-24] 2x (Step, 1/4 turn RIGHT with cuban hips), Cross, Side, Sailor Step	
1-2	Step L forward, 1/4 turn RIGHT on both balls while rolling hips)
3-4	Repeat 1-2
5-6	Cross L Over R, Step R To R Side
7&8	Step L Behind R, Step R To R Side, Step L To L Side
[25-32] Cross, Side, Sailor Step With 1/4 Turn R, Hip Bumps With Arm Movement	
1-2	Cross R Over L, Step L To L Side
3&4	Step R Behind L,1/4 Turn R Stepping L To L Side, Stepping R To R Side
5-6	Touch L To Forward & Bump L Hip Forward, Bump L Hip Forward
7-8	Bump L Hip Forward, Step Down On L
(Arm Movement For 5-8: Sweep R Arm From Front To Side While Bump Hips)	
Start The Dance Again!	
Tag (Afer Wall 10, Facing 9 O'clock) Toe Strut R+L, 4x Hip Sways	
1-2	Touch R Toe Forward, Drop R Heel Down
3-4	Touch L Toe Forward, Drop L Heel Down
5-8	Step R To R Side & Bump Hips To R, Bump Hips To L+R+L

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Last Update - 5th Feb 2014





牆數:4