

Marina

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lars Kuif (NL) - February 2014
音樂: Marina - Chico & The Gypsies



Info: 137 Bpm, Start after 4 counts (on beat)

[1 – 8] Walk Fwd. R+L, R Shuffle Fwd., Reverse Sailor Cross L+R

1 – 2 Step R fwd., step L fwd.
3 & 4 Step R fwd., step L next to R, step R fwd.
5 & 6 Step L across L, step R to side, step L to side
7 & 8 Step R across L, step L to side, step R to side

[9 – 16] L Rock Fwd., Recover, Triple Step Full Turn L, R Side Step, Together, R Shuffle Fwd.

1 – 2 Step L fwd., recover to R
3 & 4 ¼ turn L stepping L to side, ½ turn L stepping R back, ¼ turn L stepping L fwd.
5 – 6 Step R to side, step L next to R
7 & 8 Step R fwd., step L next to R, step R fwd.

[17 - 24] L Side Step, Together, L Shuffle Back, ½ Shuffle Turn R, L Step Fwd, ¼ Turn R

1 – 2 Step L to side, step R next to L
3 & 4 Step L back, step R next to L, step L back
5 & 6 ¼ turn R stepping R to side, step L next to R, ¼ turn R, stepping R fwd.
7 – 8 Step L fwd., ¼ turn R recovering weight to R

[25 – 32] L Cross, R Flick, R Reverse Sailor Cross, L Rock, Recover, L Coaster Step Back

1 – 2 Step L across R, R flick behind L
(Note: dance 1st wall up to 1-2 and add Mambo - Touch)
3 & 4 Step R across L, step L to side, step R to side
5 – 6 Step L fwd., recover to R
7 & 8 Step L back, step R next to L, step L fwd.

Begin again and have fun!

Tag + Restart: Dance wall 1 up to count 26 [9:00] and add

3 & 4 Step R fwd., recover to L, touch R next to L

Begin again

Tag: After wall 3 [3:00] add:

1 – 2 Touch R heel fwd., touch R next to L

Begin again

Questions: larskuif@hotmail.com - Website: larskuif@hotmail.com