

La Mujera

拍數: 32 牆數: 2 級數: Improver - Merengue
編舞者: Milena Patani (IT) & Fabrizio Mazzoni (IT) - February 2014
音樂: La Mujera by Daniela Ferioli



SECT. 1: ROCKING CHAIR, ½ TURN LEFT, ½ TURN LEFT

1-2 Rock Right Forward, Recover To Left
3-4 Rock Right Back, Recover To Left
5-6 Step Right Forward, Turn ½ Left And Step Left Forward
7-8 Step Right Forward, Turn ½ Left And Step Left Forward

SECT.2: ROCK STEP, SHUFFLE ½ TURN RIGHT, ROCK STEP, SHUFFLE ½ TURN LEFT

1-2 Rock Right Forward, Recover To Left
3&4 Turn ½ Right And Step Right Forward, Step Left Together, Step Right Forward
5-6 Rock Left Forward, Recover To Right
7&8 Turn ½ Left And Step Left Forward, Step Right Together, Step Left Forward

SECT.3: ¼ TURN LEFT, SIDE STEP, STEP OUT,OUT,IN,IN

1-2 Turn ¼ Left Step Right To Side, Touch Left Together With Clap
3-4 Step Left To Side, Touch Right Together With Clap
5-6 Step Right Diagonally Forward, Step Left Diagonally Forward (Shimmy Shoulders)
7-8 Step Right Back To Center, Step Left Together

SECT.4: ROCK STEP, TOUCH TOE BACK, STEP, FLICK SLAP, ¼ TURN WALK, WALK

1-2 Cross/Rock Right Over Left, Touch Left Toe Back
3-4 Step Left Back, Step Right Back
5-6 Cross Left Over Right, ¼ Turn Left Flick Right Slap With Right Hand
7-8 Walk Right, Walk Left

INTRO & TAG:

1-4 Step Right To Side Right, Step Left Together Right With Clap X2
5-8 Step Left To Side Left, Step Right Together Left With Clap X2

1-4 Step Right To Side Right (Arms Extended Laterally Both Towards Side Right), Step Left Together Right (Arms Return To The Hips) X2
5-8 Step Left To Side Left (Arms Extended Laterally Both Towards Side Left), Step Right Together Left (Arms Return To The Hips) X2

TAG:

3rd WALL: AFTER 28 COUNTS TAG x 2 , RESTART
6th WALL: AFTER 28 COUNTS TAG x 2 , RESTART
8th WALL: AFTER 32 COUNTS TAG x 2 ,
11th WALL: AFTER 28 COUNTS TAG, RESTART

Contact: famigo@alice.it