

拍數: 64 牆數: 2 級數: Improver
編舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - August 2014
音樂: Hello (feat. Fly Project) - Mandinga



Intro: 32 counts after first beat kicks in (46 seconds)

S1: Syncopated Cross Rocks (2X), Cross, Side, Sailor With 1/4 Turn R

1-2& Rf cross in front of Lf, recover onto Lf, Rf step together (&)
3-4& Lf cross in front of Rf, recover onto Rf, Lf step together (&)
5-6 Rf cross in front of Lf, Lf step left
7&8 Rf cross behind Lf, make 1/4 turn right stepping Lf left (&), Rf step forward (3.00)

S2: Syncopated Cross Rocks (2X), Cross, Side, Sailor With 1/4 Turn L

1-2& Lf cross in front of Rf, recover onto Rf, Lf step together (&)
3-4& Rf cross in front of Lf, recover onto Lf, Rf step together (&)
5-6 Lf cross in front of Rf, Rf step right
7&8 Lf cross behind Rf, make 1/4 turn left stepping Rf right (&), Lf step forward (12.00)

S3: Shuffle Forward R, Shuffles Forward L/R With Full Turn R, Rock Forward L/Recover R

1&2 Rf step forward, Lf step together (&), Rf step forward
3&4 make 1/4 turn right stepping Lf left, Rf step together (&), make 1/4 right stepping Lf back
5&6 make 1/4 turn right stepping Rf right, Lf step together (&), make 1/4 turn right stepping Rf forward (12.00)
7-8 Lf rock forward, recover onto Rf

S4: Shuffles Backwards L/R, Touch Back L, 1/2 Turn L, Step Forward With 1/2 Turn L

1&2 Lf step back, Rf step together (&) , Lf step back
3&4 Rf step back, Lf step together (&), Rf step back
5-6 Lf touch back, make 1/2 turn left stepping Lf forward (6.00)
7-8 Rf step forward, make 1/2 turn left stepping Lf forward

S5: Heel/Toe Switches, Touch Together, Kick With 1/4 Turn R, Coaster R

1&2& Rf touch heel forward, Rf step together (&), Lf touch heel forward, Lf step together (&)
3&4& Rf touch toes right, Rf step together (&), Lf touch toes left, Lf step together (&)
5-6 Rf touch next to Lf, make 1/4 turn right kicking Rf forward (3.00)
7&8 Rf step back, Lf step together (&), Rf step forward

S6: Toe/Heel Crosses (2X), Rock Forward L/Recover R, Shuffle Back L

1&2 Lf touch toes next to Rf, Lf touch heel next to Rf (&), Lf step forward
3&4 Rf touch toes next to Lf, Rf touch heel next to Lf (&), Rf step forward
5-6 Lf rock forward, recover onto Rf
7&8 Lf step back, Rf step together (&) , Lf step back

S7: Toe/Heel Strut Backwards R/L , Rock Back R / Recover L, Kick/Ball/Change R

1-2 Rf touch toes back, Rf drop heel down (taking weight on Rf)
3-4 Lf touch toes back, Lf drop heel down (taking weight on Lf)
5-6 Rf rock back, recover onto Lf
7&8 Rf kick forward , Rf step together (&), Lf step forward

S8: Step Forward R, 1/2 Turn L, Rock Forward R/Recover L, Step Back R, 1/4 Turn L, Side L, Cross/Side/Cross/Side

1-2 Rf step forward, make 1/2 turn left stepping Lf forward (9.00)

3-4 Rf rock forward, recover onto Lf
5-6 Rf step back, make 1/4 turn left stepping Lf left (6.00)
7&8& Rf cross in front of Lf, Lf step left (&), Rf cross in front of Lf, Lf step left (&)

Contact: jose_nl@hotmail.com

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