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| --- | --- |
| 3 A.M |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Andrés de la Rubia Albertí (ES) - October 2017 | | | | |
| **Music:** | 3 A.M. - Jesse & Joy & Gente de Zona | | | | |
| . | | | | | | |

**[1-8] Bumps ¼ turn left (R&L) ,Bumps (R&L&R),Bumps (L&R),Bumps(L&R&L)**

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| --- | --- |
| 1-2 | Hip Rf, Hip Lf |

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| --- | --- |
| 3&4 | Hip Rf,Hip Lf,Hip Rf |

|  |  |
| --- | --- |
| 5-6 | Hip Lf,Hip Rf |

|  |  |
| --- | --- |
| 7&8 | Hip Lf,Hip Rf,Hip Lf |

**[9-16] Syncopated Rocks (R&L)**

|  |  |
| --- | --- |
| 9& | Rf foward,Revcover weight Lf |

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| --- | --- |
| 10& | Rf right ,Recover weight Lf |

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| --- | --- |
| 11& | Rf behind Lf,Recover weight Lf |

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| --- | --- |
| 12 | Rf right |

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| --- | --- |
| 13-16 | Repeat with Lf |

**[17-24] Rock right,coaster step,Rock left,coaster step**

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| --- | --- |
| 17-18 | Rf foward,Recover weight Lf (optional body roll) |

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| --- | --- |
| 19&20 | Rf back,Lf back,Rf foward |

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| --- | --- |
| 21-22 | Lf foward,Recover weight Rf (optional body roll) |

|  |  |
| --- | --- |
| 23&24 | Lf Back,Rf back,Lf foward |

**[25-32] Shuffle foward (R&L) Mambo foward right,Mambo back left**

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| --- | --- |
| 25&26 | Rf foward,Lf next to Rf,Rf foward |

|  |  |
| --- | --- |
| 27&28 | Lf foward,Rf next to Lf,Lf foward |

|  |  |
| --- | --- |
| 29&30 | Rf foward,Recover weight Lf,Rf next to Lf |

|  |  |
| --- | --- |
| 31&32 | Lf back,Recover weight Rf,Lf next to Rf |

**Enjoy**

**Contact Email: andreslinedance@andreslinedance.es**