

Mbushe

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Bp. Suroto (INA) - December 2024

Musik: Mbushe - Bes Kallaku, Mariglen Hazizaj & Florjan Sacma



No tags, 1 restart (on w6 after 16C)

S1. SIDE MAMBO R,L - FORWARD MAMBO, BACK MAMBO

- 1&2 Step R to side, Recover on L, Step R next to L.
3&4 Step L to side, Recover on R, Step L next to R
5&6 Step R forward, Recover on L, Step R next to L.
7&8 Step L back, Recover on R, Step L next to R

S2. WEAVE SYCHOPATED R,L , TOGETHER, LIFT HEEL

- 1&2& Cross Rf over Lf, Step Lf to left side, Cross Rf behind Lf, Step Lf to left side
3&4 'Cross Rf over Lf, Step Lf beside Rf and lift heel then push hip back, Drop heel
5&6& Cross Lf over Rf, Step Rf to right side, Cross Lf behind Rf, Step Rf to right side
7&8 Cross Lf over Rf, Step Rf beside Lf and lift heel then push hip back, Drop heel

S3. 1/4 DIAMOND, SWAY, CROSS SHUFFLE

- 1&2& Cross Rf over Lf, Step Lf to left side, 1/8 turn R Step back on Rf, Hitch on Lf
3&4 Step back on Lf, 1/8 turn R Step R to right side, Step Lf forward
5-6 Step R to side while swaying hips to R - sway to L
7&8 Cross R over L, Step L to side, Cross R over L.

S4. FORWARD LOCK SHUFFLE, 1/2 PIVOT RUN

- 1-2 step L forward, locked R behind L
3&4 Step L Forward, Locked R Behind L (&), Step L Forward
5-6 Step R forward - Turn ½ Left weight on L
7&8 Run R,L,R close together
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