

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Terry Mchugh (UK)

Musique: Martika's Kitchen - Martika



SCUFF FORWARD RIGHT, HEELS OUT, IN, OUT, COASTER STEP, ROCK HIPS FORWARD, BACK, FORWARD

- 1-2 Scuff right forward, step right in front of left
- 3&4 Push both heels out, in, out
- 5&6 Step back on right step left beside right step forward on right
- 7&8 Push hips forward, back, forward

WALK FORWARD RIGHT, LEFT, FORWARD MAMBO, 2 RIGHT SIDE MAMBOS, WITH ¼ TURN LEFT

- 1-2 Walk forward on left, walk forward on right
- 3&4 Step forward on left, step right in place, step left beside right
- 5&6 Step right to right side, step left in place, step right beside left
- 7&8 Step right to right side, step left in place, step right beside left with ¼ turn left

2 RIGHT HEEL DIGS & RIGHT SAILOR, 2 LEFT HEEL DIGS & LEFT SAILOR

- 1-2 Dig right heel forward, dig right heel diagonally forward
- 3&4 Step right behind left, step left beside right, step right in place
- 5-6 Dig left heel forward, dig left heel diagonally forward
- 7&8 Step left behind right, step right beside left, step left in place

STEP FORWARD RIGHT, TAP LEFT BEHIND RIGHT, BACK SHUFFLE, 4STEPS BACK, WITH HEEL TWISTS

- 1-2 Step forward on right tap left behind right
- 3&4 Shuffle back left, right, left
- 5-6 Step back on right, with heel pointed out, swivel heel in, repeat on left
- 7-8 Repeat steps 5-6

SWEEP RIGHT LEG INTO ¼ TURN LEFT, RIGHT COASTER, 2 HEEL JACKS, SLIDE FORWARD LEFT

- 1-2 Sweep right leg out & round, bring right beside left, with ¼ turn left
- 3&4 Step back on right, step left beside right, step forward on right
- 5&6 Step forward on heel of left, step left beside right, step forward on heel of right
- &7-8 Step right beside left, take long step forward on left, step right beside left

ROCK FORWARD, BACK, RIGHT SHUFFLE FORWARD, ROCK FORWARD, BACK, LEFT SHUFFLE FORWARD

- 1-2 Step & rock forward on right, rock back on left
- 3&4 Shuffle forward right, left, right
- 5-6 Step & rock forward on left, rock back on right
- 7&8 Shuffle forward left, right, left

SCUFF RIGHT FORWARD, HEELS OUT, IN, OUT, ¼ TURN LEFT, HIP ROCK, LEFT, RIGHT, LEFT

- 1-2 Scuff right forward, step right in front of left
- 3&4 Push both heels, out, in, out
- 5-6 Step forward on right heel, swivel both feet ¼ turn left
- 7&8 Rock hips left, right, left

4 CROSS & POINTS, STARTING WITH RIGHT FOOT

- 1-2 Step forward on right, slightly across left, point left toe to left side

- 3-4 Step forward on left slightly across right, point right toe to right side
- 5-6 Step forward on right slightly across left, point left toe to left side
- 7-8 Step forward on left slightly across right, point right toe to right side

REPEAT
