

Sing O-A-O

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Micaela Svensson Erlandsson (SWE) - January 2016
音乐: Better When I'm Dancin' - Meghan Trainor



Intro: 16 counts

Section 1: Right Bota Fogo. Left Bota Fogo. Forward Rock. Triple Full turn Back.

1&2 Step forward crossing right over left. Rock left to left. Recover onto right.
3&4 Step forward crossing left over right. Rock right to right. Recover onto left.
5-6 Rock forward on right. Recover onto left.
7&8 Triple full turn back over right shoulder stepping right, left, right.

Easy Option: Replace triple full turn with a Coaster Step

Section 2: Forward Mambo. Back Mambo. Step. 1/2 Turn right. Chasse 1/4 Turn right.

1&2 Rock forward on left. Recover onto right. Step back on left.
3&4 Rock back on right. Recover onto left. Step forward on right.
5-6 Step forward on left. Turn 1/2 right.
7&8 Turn 1/4 right Stepping left to left. Close right beside left. Step left to left.

Section 3: Back Rock. Kick Ball Cross .Side. Hold. Ball. Right Chasse.

1-2 Rock back on right. Recover onto left.
3&4 Kick right diagonally forward. Step down on right. Cross left over right.
5-6& Step right to right. Hold. Step down on ball of left taking weight.
7&8 Step right to right. Close left beside right. Step right to right.

Section 4: Back Rock. Kick Ball Cross. Side. Hold. Ball. Left Chasse.

1-2 Rock back on left. Recover onto right.
3&4 Kick left diagonally forward. Step down on left. Cross right over left.
5-6& Step left to left. Hold. Step down on ball of right taking weight.
7&8 Step left to left. Close right beside left. Step left to left.

Ending: At the end of the dance facing 3 o'clock replace the Chasse of section 4 (Steps 7&8)

With: Chasse 1/4 turn left to face front wall
