Watch The Tempo



音乐: Mad Love (feat. Becky G) - Sean Paul & David Guetta



Intro: 16 counts

3-4& 5-6

7&8

(Restart on wall 1, change of step)

Intro: 16 counts		
S1: Mambo Ste 1&2 3&4 5&6& 7&8	Rock forward on R, Recover on L, Step back on R Step back on L, Step R next to L, Step forward on L Kick R forward, Step R forward, Lock L behind R, Step R to R side Dig L heel to L diagonal, Step L next to R, Cross R over L	
S2: Side L, Together, Cross, ¼ L, ½ L, ¼ L, Together, Rock Out, Recover, Sway R, L, R,		
&1-2	Step L to L side, Step R next to L, Cross L over R	
3&	¼ L stepping back on R, ½ L stepping forward on L	
4&	1/4 L stepping R to R side (Split both knees apart), Step L next to R (Bringing knees in)	
5-6	Rock out to R side, Recover on L	
7&8	Sway to R side, Sway to L side, Sway to R side kicking L forward	
S3: Cross, Unwind Full Turn R, Behind, Side, Cross, Full Turn L bouncing heels, Shuffle Forward		
1-2	Cross L over R, Unwind full turn R sweeping R from front to back	
3&4	Step R behind L, Step L to L side, Cross R over L	
5-6	Full turn L bouncing heels twice	
7&8	Step forward on L, Step R next to L, Step forward on L	
S4: Camel Walks, Knee Knocks (knee wiggles), Syncopated Rocking Chair, Together, Body Roll		
1-2	Step forward on R popping L knee forward, Step forward on L popping R knee forward	
3&4&	Step forward on R knocking R knee out & in, Step forward on L knocking L knee in & out	
5&6&	Rock forward on R, Recover on L, Rock back on R, Recover on L	
7-8	Step R next to L & start body roll from bottom to top	
S5: Side R with Side Kick, ¼ L with Flick, Mambo Step, Step Back, Heel Dig, Step Forward, Cross, Side R, Together, Cross		
1-2	Step R to R side kicking L to L side, ¼ L stepping forward on L flicking R back	
3&4	Rock forward on R, Recover on L, Step R next to L	
&5-6	Step back slightly on L, Dig R heel forward, Step forward on R flicking L back	
7&	Cross L over R, Step R to R side	
8&	Step L next to R, Cross R over L	
S6: ¼ R, ½ R, ¼ R, Rock Back, Recover, ½ L, Walk Back L & R with Sweeps, Rock Hitch		
1-2&	1/4 R stepping back on L, 1/2 R stepping forward on R, 1/4 R stepping L to L side	

S7: Side R, Behind, ¼ R, Side L, Behind, ¼ L, Step Pivot ½ L, Paddle 1/8 L, Paddle 1/8 L

Rock back on R, Recover on L, ½ L stepping back on R

Step back on L sweeping R from front to back, Step back on R sweeping L from front to back

Rock back on L hitching R knee, Recover on R, Rock back on L hitching R knee

1-2&	Step R to R side, Step L behind R, ¼ R stepping forward on R
3-4&	Step L to L side, Step R behind L, 1/4 L stepping forward on L
5-6	Step forward on R, Pivot ½ L

7-8 Paddle 1/8 L touching R to R side, Paddle 1/8 L touching R to R side

S8: Cross, Back, Ball Cross, Back, Ball, Kick Out Out, Heel Swivel, Heel Swivel

1-2& Cross R over L, Step back on L, Step R slightly to R side 3-4& Cross L over R, Step back on R, Step L slightly to L side 586

5&6 Kick R across L, Step R to R side, Step L to L side

&7&8 Swivel R heel in, Swivel R heel to centre, Swivel L heel in, Swivel L heel to centre

Restart: On wall 1 dance 48 counts change Rock Hitch to Sailor 1/4 L then Restart the dance again

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