I Remember

拍数: 32

级数: Beginner

编舞者: Pat Newell (USA) - January 2019

音乐: Just Remember - Ronnie Beard

Start - 16 in - 126 bpm

Senior Starter Series

** Dedicated to my husband of 65 years who has Alzheimer's **

Learning: Rumba box, weave to a sweep, step touches, jazz box, mambo step

RUMBA BOX BACK

1-4 Step R, tog L, back on R, tch L, 5-8 Step L, tog R, fwd on L, brush R fwd

WEAVE LEFT TO SWEEP (

- 1-4 Step R over L, step L to L, R behind L, raise L ready to sweep front to back
- 5-8 Step L behind R, step R to R, step L over R, HOLD

STEP TOUCH STEP TOUCH JAZZ BOX 1/4 RIGHT 3:00

- Step R, touch L, step L, brush R 1-4
- 5-8 Cross R over L, step back on L, step R ¼ R 3:00

MAMBO RIGHT W/HOLD, MAMBO LEFT W/HOLD

- Rock R to R, step on L, step R together, HOLD 1-4
- 5-8 Rock L to L, step on R, step L together, HOLD

Dance for the health of it

Contact: Patanddick@hotmail.com





墙数:4