拍数： 32
堷数： 2
级数：Improver
编舞者：Adam Åstmar（SWE）\＆Malene Jakobsen（DK）－November 2021
音乐：Diggy Dee－Charly Black \＆Sak Noel ：（iTunes）

Intro： 16 counts from the beginning 9 sec．seconds into track－dance begins with weight on L Restart：There＇s one restart，happens on wall 4 after 16 counts，you＇ll be facing 12 o＇clock． Note：Start the dance facing 10.30
［1－8］Syncopated rocking chair，cross，1／4，syncopated rocking chair，cross， $1 / 8$
1\＆2\＆（1）Rock fwd．on R，（\＆）recover onto L，（2）rock back on R，（\＆）recover onto L 10.30
$3 \& 4 \quad$（3）Cross $R$ slightly over $L$ ，（\＆）rock $L$ to $L$ ，（4）recover onto $R$ making 1／4 R 1.30
5\＆6（5）Rock fwd．on L，（\＆）recover onto R，（6）rock back on L，（\＆）recover onto R 1.30
7\＆8
（7）Cross L slightly over $R$ ，（\＆）rock $R$ to $R$ ，（8）recover onto $R$ making 1／8 L 12.00
［9－16］Synchopated jazz box 1／4，cross shuffle，Monterey $1 / 4$
1－2\＆
（1）Cross $R$ over L，
（2）step $L$ to $L$ ，（\＆）turn $1 / 4 R$ stepping $R$ to $R 3.00$
$3 \& 4$
（3）Cross L over R，（\＆）step R to R，（4）cross L over R 3.00
5－6（5）Point $R$ to $R$ ，（6）turn $1 / 4 R$ stepping $R$ next to $L 6.00$
7－8
（7）Point $L$ to $L$ ，（8）step $L$ next to $R 6.00$

NOTE The only restart is here，you＇ll be facing 12 o＇clock，merely adjust a little so you turn towards 10.30 to start the dance again
［17－24］Cross rock，ball，cross rock，ball，walk walk，mambo step

| $1-2 \&$ | （1）Rock $R$ across $L$ ，（2）recover onto $L$ ，（\＆）step $R$ slightly $R 6.00$ |
| :--- | :--- |
| $3-4 \&$ | （3）Rock $L$ across $R$ ，（4）recover onto $R$ ，（\＆）step L slightly $L 6.00$ |
| $5-6$ | （5）Walk fwd．on $R$ ，（6）walk fwd．on L 6．00 |
| $7 \& 8$ | （7）Rock fwd．on $R$ ，（\＆）recover onto $L$ ，（8）step slightly back on $R$ |

［25－32］Walk back with shimmy shoulders，coaster cross，side rock $1 / 8$
1－2－3－4（1－2－3－4）Walk back $L, R, L, R$ and shimmy your shoulders． 6.00
5\＆6（5）Step back on $L$ ，（\＆）step $R$ next to $L$ ，（6）cross $L$ over $R 6.00$
7－8（7）Rock R to R，（8）recover onto L making 1／8 L 4.30
Option When you recover onto $L$ you can flick your $R$ foot before starting again
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