Cascada Christmas

拍数: 64 **墙数:** 1 **级数:** Beginner

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音乐: Last Christmas - Cascada

Intro : Start after 32 counts

Sec 1 : R Side Mambo, L Side Mambo, R Forward Mambo, L Forward Mambo

1&2 3&4	Step R to R(1), recover on L(&), step R beside L(2), step L to L(3), recover on R(&), step L beside R(4)
5&6 7&8	Step R forward(5), recover on L(&), step R beside L(6), step L forward(7), recover on R(&), step L beside R(8)

Sec 2 : R Toe Strut, L Toe Strut, Touch R Forward with R Hip Bump x4

1 – 4	Touch R forward(1), step R down(2), touch L forward(3), step L down(4)
5 – 8	Touch R forward & bump R hip x4(5-8)

Sec 3 : Slide To R, Hold x2, Slide To L, Hold x2

1 – 4	Step R to R(1), drag L to R(2), hold with shimmy(3-4)
5 – 8	Step L to L(5), drag R to L(6), hold with shimmy(7-8)

Sec 4 : R Sailor Step, L Sailor Step, Hip Roll Clockwise

1&2 3&4	Step R to R(1), step L on ball behind R(&), step R on spot(2), step L to L(3), step R on ball behind L(&), step L on spot(8)(Easy Option : Step R to R(1), touch L behind R(2), step L to L(3), touch R behind L(4))
5 – 8	Roll hip clock wise(5-8)

Sec 5 : R Bump x2, L Bump x2 (Repeat Twice)

1 – 4	Step R to R & bounce twice(1-2), recover on L & bounce on L twice(3-4)
5 – 8	Repeat 1 – 4 (Section 5)

Sec 6 : Cross R Touch, R Side Touch, Cross R Touch, Together, Repeat Mirror Steps

1 – 4	Cross touch R(1), touch R to R(2), cross touch R(3), step R beside L(4)
5 – 8	Cross touch L(5), touch L to L(6), cross touch L(7), step L beside R(8)

Sec 7 : Press R Forward & Push R Shoulder Forward Twice, Sweep R Behind, R & L Pony Back

1 – 4	Touch & press R forward, push R shoulder forward twice(1-2), slowly sweep R to back(3-4)
5&6 7&8	Step R down(5), step L on ball beside R(&), step R back(6), step L back(7), step R on ball beside L(&), step L back(8)

Sec 8 : R Forward, Touch L, L Forward, Touch R, CCW Roll Hip To R & L

1 – 4	Step R forward(1), touch L to L(2), step L forward(3), touch R to R(4)
5 – 8	Step R to R & roll hip to R(5), touch L to L(6), step L to L roll hip to L(7), touch R to R(8)

No Tag No Restart!

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