

Noel

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bev Partridge (NZ) - March 2025
音乐: Learn as You Go Kind of Life - Noel Parlane



Intro: Music has some introductory notes then starts with heavy beat. Start 16 counts from heavy beat, on vocals

Section 1: Right Step Lock Step, Hold, Left Step Lock Step, Hold

1-4 Step R foot fwd, lock L foot behind R foot, step R foot fwd, hold
5-8 Step L foot fwd, lock R foot behind L foot, step L foot fwd, hold

Section 2: Mambo Box Back

1-4 Step R foot to R side, step L foot beside R foot, step back onto R foot, hold
5-8 Step L foot to L side, step R foot beside L foot, step fwd onto L foot, hold

Section 3: Forward Coaster Step, Hold, Back Coaster Step, Hold

1-4 Step fwd onto R foot, step left foot beside right foot, step back onto R foot, hold
5-8 Step back onto L foot, step R foot beside left foot, step fwd onto left foot, hold

Section 4: Jazz Box ¼ Turn Right, Step Forward, Scuff, Step Forward, Scuff

1-4 Cross R foot in front of L foot, step back onto L foot, step ¼ turn R, step L foot beside R foot
5-8 Step fwd R foot, scuff L foot fwd, step fwd L foot, scuff R foot fwd

This is for my friend Sharon

Submitted by: Annette Littlejohn - Email: marble.cat@xtra.co.nz

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