A Little More Action



拍数: 32 墙数: 2 级数: Intermediate

编舞者: Maureen Jones (UK) & Michelle Jones (UK) 音乐: A Little Less Conversation - Elvis vs. JXL



MAMBO ½ TURN, SHUFFLE, ¼ TURN, SIDE SHUFFLE, ½ TURN, SIDE SHUFFLE

1&2	Rock forward onto right, red	over back onto left, make	e ½ turn right and step right forward	

3&4 Shuffle forward on left, right, left

85&6 On ball of left make ¼ turn left, step right to right, step left beside right, step right to right 87&8 On ball of right make ½ turn left, step left to left, step right beside left, step left to left

1/2 TURN, ROCK, SYNCOPATED CROSS STEPS, MAMBO 1/4 TURN, KNEE TWISTS WITH 1/4 TURN

&9&10	On ball of left make ½ turn left	, rock right to right, recover left onto left, step right across left

&11&12 Step left to left, step right across left, step left to left, step right across left

Rock forward on left, recover back onto right, make ¼ turn left and step left to left

15&16 Touch right toe slightly forward and twist right knee left, twist right knee right, twist right knee

left and make 1/4 turn left on ball of left

SHUFFLE, ROCK, BACK, ¼ TURN, CROSS, DIAGONAL TOE PRESS WITH HIP BUMPS, RECOVER WITH KICK

19-20 Rock forward on left, recover back onto right

Step left back, make ¼ turn right and step right to right, step left forward and across right
Angling body towards right diagonal press right toe diagonally forward right and bump hips

right, bump hips left (bend knees during hip bumps), recover back onto left and kick right

diagonally forward right (straightening knees)

Omit hip bumps for an easier option

BEHIND-SIDE-FORWARD, ½ TURN IN HEEL TWISTS, WALKS, ROCK, CROSS

25&26	Step right behind lef	t. step left to le	ft. step right forward
	Ctop right borning for	i, otop ioit to io	it, otop rigint for mara

27&28 Making ½ turn left twist heels right, left, right (weight ends on right)

29-30 Walk forward on left, right

31&32 Rock left to left, recover right onto right, step left across right

REPEAT