

# Montego Bay

拍数: 56      墙数: 1      级数: Intermediate  
编舞者: Scott Turpin (USA) & Yvonne Johnson  
音乐: Montego Bay - Henry Kapono



## RIGHT HEEL BALL CROSS, ROCK RETURN, TWO SAILOR SHUFFLES

- 1&2      Touch right heel forward, step right foot next to left foot (shift weight to right), step left foot over right foot and weight on left foot  
3-4      Rock right on right foot, rock return to left foot  
5&6      Step right foot behind left foot, shift weight to left foot, step right foot to right  
7&8      Step left foot behind right foot, shift weight to right foot, step left foot to left

## SYNCOPATED VINE, MAMBO TURN, KICK-BALL-CHANGE

- 1-2      Step right foot to right, step left foot behind right foot  
&3-4      Step right foot back, step left foot over right foot, step right foot forward  
5&6      Step left foot forward, pivot turn right weighting on right foot, step left foot forward and weight  
7&8      Kick right foot forward, step right foot next to left foot, place weight on left foot

## SYNCOPATED VINE, MAMBO TURN, KICK-BALL-CHANGE

- 1-2      Step right foot to right, step left foot behind right foot  
&3-4      Step right foot back, step left foot over right foot, step right foot forward  
5&6      Step left foot forward, pivot turn right weighting on right foot, step left foot forward and weight  
7&8      Kick right foot forward, step right foot next to left foot, place weight on left foot

## REPEAT FIRST EIGHT (8) COUNTS: HEEL-BALL-CROSS/ROCK RETURN/SAILOR SHUFFLES, "CUBAN" WALK FORWARD, ROCK STEP, RIGHT ¾ SHUFFLING TURN RIGHT

- 1-4      Step right, left, right, left  
5-6      Rock forward on right foot, return weight to left foot  
7&8      Shuffle ¾ turn, right-left-right, to the right

## "CUBAN" WALK FORWARD, ROCK STEP, LEFT ¾ SHUFFLING TURN LEFT

- 1-4      Step left, right, left, right  
5-6      Rock forward on left foot, return weight to right foot  
7&8      Shuffle ¾ turn, left-right-left, to the left

## LEFT HEEL JACK, SHUFFLE RIGHT, TOUCH, RIGHT HEEL JACK, SHUFFLE LEFT, TOUCH

- &1&2      Step back on right, touch left heel forward, step left next to right, (shift weight to left), touch right toe next to left foot  
3&4      Shuffle right: right-left-right ending by touching left toe next to right foot  
&5&6      Step back on left, touch right heel forward, step right next to left, (shift weight to right), touch left toe next to right foot  
7&8      Shuffle left: left-right-left ending by weighting on the left foot

## CROSS TURN, OUT-OUT, IN-IN, CROSS TURN, OUT-OUT, IN-IN

- 1-2      Cross right foot over left foot, turn ½ turn left, weighting on left foot  
&3&4      Step right foot to right, step left foot to left, step right foot to center, step left foot next to right foot  
5-6      Cross right foot over left foot, turn ½ turn left, weighting on left foot  
&7&8      Step right foot to right, step left foot to left, step right foot to center, step left foot next to right foot

## REPEAT

## **TAGS**

**At the end of the 2nd 64 count set, and the 3rd 64 count set, chug step(s) (with attitude) 16 counts turning left and ending back at the beginning wall**

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