

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shaz Walton (UK)
音乐: Spanish - Craig David



SIDE, TOUCH, LEFT MAMBO BACK, PRESS, COASTER STEP, STEP, TOUCH

1-2 Step right to right side, touch left beside right

Optional click with touch

3&4 Rock left back, recover on right, step left foot forward

5 Press right forward

Lean over right knee

6&7 Step back on left, step right beside left, step left forward

&8 Step right slightly forward, touch left beside right

HIP/KNEE ROLLS MAKING A ¼ TURN LEFT, MAMBO KICK, PRESS, COASTER STEP, TOUCH, ¼ FLICK

1-2 Make a ¼ turn left rolling hips & knees around to the left twice

Weight ends on right

3&4 Rock back on left, recover on right, kick left forward

5 Press forward left

Lean over left knee

6&7 Step back on right, step back left, step forward right

&8 Touch left beside right, pivot ¼ turn right, flicking left to left side (or point left to left)

CROSS, POINT, CROSS ROCK, SLIDE, CROSS ROCK, POINT, CROSS ROCK, SLIDE, CROSS

1-2 Cross left over right, point right to right side

3&4 Cross rock right behind left, rock forward left, large step right sliding left towards right

5&6 Cross rock left behind right, rock forward right, point left to left side

7&8& Cross rock left behind right, rock forward right, make a large step left sliding right towards left, cross step right behind left

STEP ¼, PADDLE TURNS LEFT TWICE, CROSS, BACK, SIDE, BRUSH, LIFT, RONDE, ROCK, RECOVER

1 Step left a ¼ turn left

2-3 Pivot ¼ turn left on left foot pointing right to right side, pivot ¼ turn left on left foot pointing right to right side

4&5 Cross step right over left, step back on left, step right to right side

6-7 Brush left foot diagonally right, keeping leg raised, ronde left leg & cross behind right

&8 Cross rock left behind right, recover weight on right

HIP BUMPS MAKING A LEFT BOX

1&2 Step left to left bumping hips left-right-left

3&4 Make a ½ turn left stepping right to right bumping hips right-left-right

5&6 Make a ¼ turn left stepping left to left bumping hips left-right-left

7&8 Make a ½ turn left stepping right to right bumping hips right-left-right (weight ends on right)

ROCK, RECOVER, SIDE, SCUFF, HITCH STEP, TOUCH, MAMBO FULL TURN LEFT

1&2 Cross rock left behind right, recover weight on right, step left to left side

&3&4 Scuff right forward, hitch right, step right back, cross touch left slightly forward

5&6 Step left ¼ turn left, cross step ball of right behind left, step left ¼ turn left

&7&8 Cross step ball of right behind left, step left ¼ turn left, cross step ball of right behind left, step left forward ¼ turn left

Weight remains on left with right crossed behind. Use the ball of your right foot to push you round

SIDE, TOUCH, SIDE, TOGETHER, SIDE, SAILOR ¼ LEFT, CROSS ¼, SIDE, POINT, STEP

- 1-2 Step right to right, touch left beside right
- 3&4 Step left to left, step right beside left, step left to left
- 5&6 Cross step right behind left, make ¼ turn left stepping left forward, step right to right side
- 7&8& Cross step left behind right making ¼ turn left, step right to right side, point left forward, step left beside right

FORWARD, POINT, TOGETHER, STEP SLIDE, TOUCH, STEP ¼, STEP ½, STEP ¼, TOUCH

- 1-2 Step right forward, point left to left side
- &3-4 Step left beside right, step right large step to right sliding left towards right, touch left beside right
- 5-6 Step left ¼ turn left, make ½ turn left stepping back on right
- 7-8 Make ¼ turn left stepping left to left side, touch right beside left (no weight)

REPEAT

RESTART

Dance the dance 4 times, then dance the first 8 counts & start again adding an extra step, step left beside right, making the count &8&
