Saturday Boogie

拍數: 48

級數: Newcomer

編舞者: Marita Torres (ES) - December 2017

音樂: We Love To Boogie - Mike Denver

HEEL STRUT, MAMBO FORWARD

- RF touch heel forward 1
- 2 RF drop toe (snaps to right)
- 3 LF touch heel forward
- 4 LF drop toe (snaps to left)
- 5 RF rock forward
- 6 Recover to LF
- 7 RF netx to LF
- 8 Hold

TOE STRUT BACK, MAMBO BACK

- 1 LF toe back
- 2 LF drop heel (snaps a la left)
- 3 RF toe back
- 4 RF drop heel (snaps a la right)
- 5 LF rock bak
- 6 Recover to RF
- 7 LF next to RF
- 8 Hold

MAMBO RIGHT, MAMBO LEFT WITH 1/4 TURN RIGHT

- 1 RF rock to right side
- 2 Recover to LF
- 3 RF next to LF
- 4 Hold
- 5 LF rock to left side with 1/4 turn right
- 6 Recover to RF
- 7 LF next to RF
- 8 Hold

WAVE RIGHT, ROCK SIDE CROSS, HOLD

- 1 RF step to right side
- 2 LF behind RF
- 3 RF step to right
- 4 LF cross over LF
- 5 RF rock to right side
- 6 Recover to LF
- 7 RF cross over LF
- 8 Hold

WAVE LEFT, ROCK SIDE CROSS, HOLD

- LF step to left side 1
- 2 RF behind LF
- 3 LF step to left side
- 4 RF cross over LF
- 5 LF rock to let side
- 6 Recover to RF





牆數: 4

7 LF cross over RF

8 Hold

STEP, HOLD, TURN ½ LEFT, HOLD, RUN FORWARD X 4

RF step forward
Hold
1¹/₂ turn left
Hold
Hold
5-6-7-8 steps forward to RF-LF-RF-LF

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Last Update - 23rd May 2018