Shape of You EZ Mambo



拍數: 48

牆數:4

級數: Improver

編舞者: Val Saari (CAN) - August 2018

音樂: Shape of You (feat. Zion & Lennox) (Latin Remix) - Ed Sheeran

WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R

- 1-2 Walk forward, RF, LF
- 3-4 Walk forward RF, Point LF side left
- 5-6 Step back, LF, RF
- 7-8 Step back LF, Point RF side right

WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R

- 1-2 Walk forward, RF, LF
- 3-4 Walk forward RF, Point LF side left
- 5-6 Step back, LF, RF
- 7-8 Step back LF, Point RF side right

CROSS ROCK, MAMBO BACK X 2 (RL)

- 1-2 RF Cross over L, LF Recover weight
- 3&4 Rock RF back, Recover LF, Step RF beside left
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Rock LF back, Recover RF, Step LF beside right

LINDY RIGHT, LINDY LEFT PIVOT R 1/4

- 1&2 Shuffle right, RLR
- 3-4 Rock back on LF, Recover on RF
- 5&6 Shuffle L Plvot 1/4 R, RL
- 7-8 Rock back on RF, Recover on LF

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

- 1-2 Rock RF forward, Recover LF
- 3&4 Rock RF back, Recover LF, Step RF beside left
- 5-6 Rock LF forward, Recover RF
- 7&8 Rock LF back, Recover RF, Step LF beside right

RF STOMP, KICK, MAMBO BACK, LF STOMP, KICK, MAMBO BACK

- 1-2 Stomp RF down, kick RF forward
- 3&4 Rock RF back, Recover LF, Step RF beside left
- 5-6 Stomp LF down, kick LF forward
- 7&8 Rock LF back, Recover RF, Step LF beside right

REPEAT - No Tags, No Restarts

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