

Rosalinda

拍數: 32 牆數: 2 級數: Phrased Easy Improver
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音樂: Rosalinda - Thalia



Intro : Mambo forward, mambo backward, mambo side (R, L)

Sequence : A-Tag-A-Tag-A-A-B-B-Tag@-A-Tag-A-Tag-A-A-B-B-A-A-A-A-A-A(8c)-B-B(5c)

A : S-1. Mambo behind-mambo (forward, backward)

1&2 step R, behind R to L (1) - L in place (&) - close R beside to L (2)
3&4 step L, behind L to R (3) - R in place (&) - close L beside to R (4)
5&6 step R forward (5) - L in place (&) - close R beside to L (6)
7&8 step L back (7) - R in place (&) - close L beside to R (8)

S-2. Cross shuffle, turn L-cross shuffle, cross shuffle, turn L-cross shuffle

1&2 step R cross over R to L (1) - L side (&) - cross over R to L (2)
3&4 ½ turn L step L cross over L to R (3) - R side (&) - cross over L to R (4)
5&6 step R cross over R to L (5) - L side (&) - cross over R to L (6)
7&8 ½ turn L step L cross over L to R (7) - R side (&) - cross over L to R (8)

B : S-1. Lock shuffle-lock shuffle-pivot-lock shuffle

1&2 step R, R forward (1) - behind L to R (&) - R forward (2)
3&4 step L, L forward (3) - behind R to L (&) - L forward (4)
5 6 ½ turn L, R forward (5) - L in place (6)
7&8 step R, R forward (7) - behind L to R (&) - R forward (8)

S-2. Lock shuffle-pivot, mambo side

1&2 step L, L forward (1) - behind R to L (&) - L forward (2)
3 4 ½ turn sL, R forward (3) - L in place (4)
5&6 step R, R side (5) - L in place (&) - close R beside to L (6)
7&8 step L, L side (7) - R in place (&) - close L beside to R (8)

Tag : Pivot turn L

1 2 3 4 ½ turn L, step R forward (1) - L in place (2) - R side (3) - L in place (4)

Tag @ : Spiral turn L

1 2 3 4 Full turn L, step R-cross over R beside to L (body weight on L) (1,2,3,4)

Last Update - 1 June 2020