In The Morning

拍數: 32

級數: High Beginner

編舞者: Wulan (INA) - December 2020

音樂: In The Morning - Jennifer Lopez

Restart on Wall 3 after 24 Count

Start after 20 count on Word SWEET

I. DIAGONAL FORWARD, DIAGONAL FORWARD CHASSE, DIAGONAL BACK, DIAGONAL BACK CHASSE

- 1-2 Step R to R diagonal forward, touch L close to R
- 3&4& Step L to L diagonal forward, step R close to L, step L to L side, touch R close to L
- 5-6 Step R to R back diagonal, touch L close to R
- 7&8& Step L to L back diagonal, step R close to L, step L to L side, touch R close to L

II. CHASSE TURN, FORWARD MAMBO BACK MAMBO, HEEL TOUCH L R

- 1&2 Step R to R side, step L close to R, 1/4 turn R step R forward
- 3&4 Step L forward, step R inplace, step L backward
- 5&6 Step R backward, step L inplace, close R to L
- 7&8 Touch L heel forward, close L to R, touch R heel forward

III. SIDE MAMBO CROSS R L, 1/2 RUMBA BOX 2x

- Step R to R side, step L inplace, cross R over L 1&2
- Step L to L side, step R inplace, Cross L over R 3&4
- 5&6& Step R to R side, step L close to R, step R forward, touch L beside R
- Step L to L side, step R close to L, step L forward, touch R beside L 7&8&

IV. PADDLE TURN 1/4, JAZZBOX

- Touch R forward, turn 1/4 L weight on L 1-2
- 3-4 Touch R forward, turn 1/4 L weight on L
- 5-6 Cross R over L, step L back
- 7-8 Step R to side, step L forward

Last Update - 13 Dec. 2020





牆數:4