Beach Party 2022

拍數: 32

牆數:4

級數: Beginner

編舞者: Shirley Bang (MY) & Penny Tan (MY) - April 2022

音樂: Sex On The Beach (Rinaldo Montezz Remix) - T-Spoon



SEC1:SIDE, BEHIND, SIDE , HEEL TOUCH , SHOULDER POP UP DOWN (R-L), SIDE, BEHIND ,1/4 FWD SHUFFLE

- 1-2 Step RF to R , step LF behind RF
- &3&4 Step RF to R, touch LF diagonally fwd , shoulder pop up -down
- 5-6 Step LF to L, step RF behind LF
- 7&8 1/4 turn L , Fwd shuffle L-R-L(9:00)

SEC2:DIAGONAL FWD , LOCK BEHIND, DIAGONAL FWD LOCK SHUFFLE (R-L)

- 1-2 Step RF fwd diagonally R ,lock LF behind RF
- 3&4 Step RF fwd diagonally R ,lock LF behind RF, step RF fwd diagonally R
- 5-6 Step LF fwd diagonally L, lock RF behind LF
- 7&8 Step LF fwd diagonally L, lock RF behind LF,step LF fwd diagonally

SEC3: ¼ TURN R MONTEREY , SIDE MAMBO STEP (R-L)

- 1-2 Touch R toe to R, ¼ turn R, step RF beside LF (12:00)
- 3-4 Touch L toe to L, step LF beside RF
- 5&6 Rock RF to R, recover on L, step RF beside LF
- 7&8 Rock LF to L, recover on R , step LF beside RF

SEC4:FWD MAMBO, BACK MAMBO,1/8 PIVOT TURN L (X2)

- 1&2 Step RF fwd ,recover on L ,step RF back
- 3&4 Step LF back,recover on R,step LF fwd
- 5-6 1/8 L turn ,rock RF fwd, step down LF with hip sway,
- 7-8 1/8 L turn, rock RF fwd, step down LF with hip sway (9:00)

Have fun and Happy dancing!

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