

Red Dirt Dreams

拍數: 40 牆數: 4 級數: Improver
編舞者: Julie Heinrichs-Heisner (USA) - January 2023
音樂: Out in the Middle - Zac Brown Band



Mambo R mambo L, R rocking chair, R lock step

1 &2 Step right to right, recover weight back to left, step right beside left
3&4 Step left to left, recover weight back to right, step left beside right
5-6 R rock fwd and recover, rock back R recover
7-8 Step R fwd, lock L behind R, step fwd R

Mambo L mambo R, L rocking chair, L lock step

1-2 Step left to left, recover weight back to right, step left beside right
3-4 Step right to right, recover weight back to left, step right beside left
5-6 L rock fwd and recover, rock back L recover
7-8 Step L fwd, lock right behind left, step fwd L

Step R ¼ turn & cross, step L make a ½ turn right step R, cross L over R, traveling R heel grind ball change 2x

1-2 Step fwd right, make ¼ turn left, cross right over left
3-4 Step L out to the side, turn R ½ turn Step R and cross L over R
5-6 Traveling R heel grind and ball change
7-8 Traveling R heel grind and ball change

R step fwd full turn, coaster step, traveling L heel grind ball change 2x

1-2 Step forward with the R and make a full turn to the left keeping weight on L foot
3-4 Step back on L & Step R back next to L Step forward on L
5-6 Traveling L heel grind and ball change
7-8 Traveling L heel grind and ball change

L step fwd full turn, coaster step, stomp fwd LRL, walk R L

1-2 Step forward L and make a full turn to the right keeping weight on the R foot
3-4 Step back on R & Step L back next to R Step forward on R
5&6 Stomp LRL
7-8 Walk R, L

*1st restart wall 1 after 24 counts (Traveling R heel grind)

**2nd restart wall 3 after 36 counts (just leaving off the stomps at the end)