

Mambella

拍數: 32 牆數: 4 級數: Improver
編舞者: Gregory Danvoie (BEL) & Magali Chabret Erhard (FR) - May 2023
音樂: Mambella - Lucenzo & Olupellar



S1. Walk R/L, hip bump, turning hip bump ¼ turn L, cross with dip, side

- 1-2 RF step forward, LF step forward
- 3&4 RF hip bump forward (finish weight on RF)
- 5&6 LF hip bump with ¼ turn to the L (finish weight on LF)
- 7-8 RF cross over LF, LF step to the L

S2. Hip rolls with bumps X2, reverse paddle ½ turn R, back rock

- 1-2 RF step to the R with hip roll (from left to right – finish weight on RF)
- 3-4 LF step to the L with hip roll (from right to left – finish weight on LF)
- 5-6 RF touch to the R with ¼ turn to the R, RF touch to the R with ¼ turn to the R
- 7-8 RF back rock, recover on L

S3. Cross, point, cross samba, cross, back, back, drag/touch

- 1-2 RF cross over LF, LF touch to the L
- 3&4 LF cross over RF, RF step forward to the R, LF step forward to the L
- 5-6 RF cross over LF, LF step back to the diagonal
- 7-8 RF step back to the diagonal (open here your body to the R), LF touch next to RF

S4. Step, ½ turn L, L hip bump up/down twice, back, close, L triple step fwd

- 1-2 LF step forward, RF step back with ½ turn to the L (weight on RF)
 - &3&4 Hip bump (up & down) X2
 - 5-6 LF step back, RF step next to LF
 - 7&8 LF shuffle forward
-