

Lately

拍數: 32 牆數: 4 級數:
編舞者: Mark Cook (UK)
音樂: Have I Told You Lately - Rod Stewart



MAMBO FORWARD, SHUFFLE BACK ON RIGHT, MAMBO BACK, JAZZ BOX ¼ TURN

1&2 Rock forward onto left, recover weight to right, step left back
3&4 Shuffle back on right, stepping, right, left, right
5&6 Rock back on left, recover weight to right, step forward on left
7&8 Cross right over left, step left back, step right to right side, making a ¼ turn right (facing 3:00)

FORWARD SHUFFLE, PIVOT TURN LEFT, FULL TURN RIGHT, MAMBO

9&10 Shuffle forward on left, stepping left, right, left
11&12 Step forward on right, pivot ½ turn over left shoulder, step forward on right (facing 9:00)
13&14 Step forward on left making a ½ turn right, step back on right making a ½ turn right, step forward on left (facing 9:00)
15&16 Step forward on right, recover weight to left, step right back

SHUFFLE BACK, SWEEP BEHIND, WEAWE LEFT, SIDE ROCK, WEAWE RIGHT

17&18 Shuffle back, stepping left, right, left
19&20 Sweep right behind left, step left to left side, cross right over left
21&22 Rock left to left side, recover weight to right, cross left over right
23&24 Step right to right side, step left behind right, step right to right side making a ¼ turn to the right (facing 12:00)

ROCK ¼ TURN, ROCK ¼ TURN, PIVOT ½ TURN, FULL TURN

25&26 Rock forward on left, recover weight to right, step left to left side, making a ¼ turn to the left (facing 9:00)
27&28 Rock forward on right, recover weight to left, step right back, making a ½ turn over your right shoulder (facing 3:00)
29&30 Step forward on left, pivot ½ turn over right shoulder, step forward on left (facing 9:00)
31&32 Step forward on right, making a ½ turn over left shoulder, step back on left, making a ½ turn over left shoulder, step forward on right (facing 9:00)

REPEAT
