One World

拍數: 32

級數: Improver mambo

編舞者: Jan Brookfield (UK)

音樂: One World - Lionel Richie

Start 28 seconds in, after chorus intro: "We've got so many roads before us"

MAMBO FORWARD, MAMBO BACK, WALK TWICE, ROCK, TURN, STEP

- 1&2Rock forward on right, rock back onto left, step right back
- 3&4 Rock back on left, rock forward onto right, step left forward
- 5-6 Walk forward on right, left
- 7&8 Step forward on right, rock back onto left making half turn over right shoulder step forward on right

MAMBO FORWARD, MAMBO BACK, WALK TWICE, ROCK, TURN, STEP

- 9&10 Rock forward on left, rock back onto right, step left back
- 11&12 Rock back on right, rock forward onto left, step right forward
- 13-14 Walk forward on left, right
- 15&16 Step forward on left, rock back onto right making half turn over left shoulder step forward on left

SIDE, CLOSE, CHASSE RIGHT, CROSS, ROCK, CHASSE WITH QUARTER TURN LEFT

- 17-18 Step right to side, close left to right
- 19&20 Step right to side, close left to right, step right to side
- 21-22 Step left across in front of right, rock weight back onto right
- 23&24 Step left to side, close right to left, making a quarter turn to left step left forward

MAMBO FORWARD, BACK, LOCK, BACK, BACK, LOCK, BACK, MAMBO BACK

- 25&26 Rock forward on right, rock back onto left, step right back
- 27&28 Step back on left, lock right in front of right, step back on left
- 29&30 Step back on right, lock left in front of right, step back on right
- 31&32 Rock back on left, rock forward onto right, step left forward

REPEAT

TAG

To be danced after wall 1 (facing 9:00) & after wall 3 (facing 3:00)

MAMBO TO SIDE TWICE, full turn PADDLE TURN

- 1&2 Rock right to right side, rock weight onto left in place, step on right in place
- 3&4 Rock left to left side, rock weight onto right in place, step on left in place
- 5&6&7&8& Make a full turn paddle turn over left shoulder, pivoting a quarter turn at a time by rocking weight from right to left four times in all





牆數:4