

Sioh Mama E

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jos Slijpen (NL)
音樂: Sioh Mama E - Jim Pownall



SIDE STEP RIGHT, TOGETHER, FORWARD SHUFFLE RIGHT, ROCK FORWARD LEFT, RECOVER, SHUFFLE ½ TURN LEFT

1-2 Step right to right side, step left together
3&4 Shuffle forward stepping right-left-right
5-6 Rock forward left, recover weight on right
7&8 Shuffle ½ turn left stepping left-right-left (6:00)

SIDE STEP RIGHT, TOGETHER, FORWARD SHUFFLE RIGHT, FORWARD STEP LEFT, PIVOT ¾ TURN RIGHT, SIDE SHUFFLE LEFT

1-2 Step right to right side, step left together
3&4 Shuffle forward stepping right-left-right
5-6 Step forward left, pivot ¾ turn right
15&16 Side shuffle left stepping left-right-left (3:00)

BACK ROCK RIGHT, RECOVER, SHUFFLE ½ TURN LEFT, BACK ROCK LEFT, RECOVER, SHUFFLE ½ TURN RIGHT

1-2 Rock back on right, recover weight on left
3&4 Shuffle ½ turn left stepping right-left-right (9:00)
5-6 Rock back on left, recover weight on right
7&8 Shuffle ½ turn right stepping left-right-left (3:00)

BACK ROCK RIGHT, RECOVER, FORWARD SHUFFLE RIGHT, FORWARD ROCK LEFT, RECOVER, TRIPLE ¾ TURN LEFT

1-2 Rock back on right, recover weight on left
3&4 Shuffle forward with right-left-right
5-6 Rock forward on left, recover weight on right
7&8 Make in a triple ¾ turn left stepping left-right-left (6:00)

REPEAT
