

Chains Of This Town (P)

拍數: 64 牆數: 0 級數: Intermediate Partner
編舞者: DJ Dan (NL) & Wynette Miller (NL) - July 2008
音樂: Chains of This Town - BR5-49 : (CD: BR5-49)
或: Veronica - Barbados : (CD: Rosalita)
或: If You Want a Mother - Gretchen Wilson : (CD: One Of The Boys)



Closed Western, man facing OLOD, lady ILOD. LADY steps listed.
Opposite footwork and turns unless stated.

Music 1: 32 count intro
Music 2: 16 count intro
Music 3: 32 count intro

RUMBA BOX

1-4 Step Left to left side. Step Right next to Left. Step Left forward. HOLD.
Count 3 Man step Right back.
5-8 Step Right to right side. Step Left next to Right. Step Right back. HOLD.
Count 7 Man step Left forward.

MAMBO BACK, HOLD; SIDE, TOGETHER, 1/4 TURN, HOLD

1-4 Rock Left back. Recover onto Right. Step Left next to Right. HOLD.
Count 1 Man rock Right forward.
5-8 Step Right to right side. Step Left next to Right. Make 1/4 turn right step Right forward.
HOLD.
Let go hands, both facing LOD.

FULL FORWARD TURN. HOLD; MAMBO FORWARD, HOLD

1-2 Make 1/2 turn right step Left back. Make 1/2 turn right step Right forward.
3-4 Step Left forward. HOLD.
Man right hand picks up lady left hand. Right open promenade, both facing LOD.
5-8 Rock Right forward. Recover onto Left. Step Right back.
Option 1-4 Left lock step forward. Man Right lock step forward.

MAMBO BACK, HOLD; SIDE MAMBO, HOLD

1-4 Rock Left back. Recover onto Right. Step Left forward. HOLD.
5-8 Rock Right to right side. Recover onto Left. Step Right next to Left. HOLD.

(CHANGE SIDES) SIDE, TOGETHER, SIDE, TOUCH. X2

Man passing behind lady, change hands during the side steps into Left open promenade.
1-2 Step Left to left side. Step Right next to Left.
3-4 Step Left to left side. Touch Right next to Left.
Man passing behind lady, change hands during the side steps into Right open promenade.
5-6 Step Right to right side. Step Left next to Right.
7-8 Step Right to right side. Touch Left next to Right.

MAMBO BACK, HOLD; LOCK STEP FORWARD, HOLD;

1-4 Rock Left back. Recover onto Right. Step Left forward. HOLD.
5-8 Step Right forward. Lock Left behind Right. Step Right forward. HOLD.

LOCK STEP FORWARD, HOLD; MAMBO 1/2 TURN, HOLD

1-4 Step Left forward. Lock Right behind Left. Step Left forward. HOLD.
Count 3 Man right hand let go lady left hand.
5-8 Rock Right forward. Recover onto Left. Make 1/2 turn right step Right forward. HOLD.

Man left hand picks up lady right hand. Left open promenade, both facing RLOD.

SIDE MAMBO, X2

1-4 Make 1/4 turn right Rock Left to left side. Recover onto Right. Step Left next to Right. HOLD.

Count 2 Closed Western, start position.

5-8 Rock Right to right side. Recover onto Left. Step Right next to Left. HOLD.

Happy dancing
