

Ichi Ban

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jolene Pearly Vun (MY)

Musik: No.1 - Seiko Matsuda



Specially dedicated to Mr. & Mrs. Ng Min Chin from Penang Waterfall Line Dance Group

SAILOR STEP (TWICE), HEEL, STEP, HEEL, POINT

- 1&2 Cross right behind left, step left to left side, step right to place
3&4 Cross left behind right, step right to right side, step left to place
5-6 Touch right heel diagonally forward, step right beside left
7-8 Touch left heel diagonally forward, touch left beside right

HIP BUMPS TO LEFT, HIP BUMPS TO RIGHT, BACK MAMBO, RIGHT MAMBO

- 1&2 Point left to left, step down on left (hip bumps left, right, left)
3&4 Point right to right, step down on right (hip bumps right, left, right)
5&6 Rock back on left, recover on right, step left beside right
7&8 Rock right to right, recover on left, step right beside left

KICK, CROSS, POINT TO SIDE (TWICE), BACK MAMBO, PIVOT ¼ TURN LEFT

- 1&2 Kick left forward, cross left over right, point right to right
3&4 Kick right forward, cross right over left, point left to left
5&6 Rock back on left, recover on right, step left beside right
7&8 Step forward on right, recover on left with ¼ turn left, step right beside left

Facing 9:00

TOE STRUT FORWARD (TWICE), FORWARD MAMBO, ½ TURN RIGHT, STOMP

- 1-2 Step forward on left toe, drop heel taking weight
3-4 Step forward on right toe, drop heel taking weight
5&6 Rock forward on left, recover on right, step back on left
7-8 Step forward with ½ turn right, stomp left beside right

REPEAT