

Nasdravia

Count: 32

Wall: 4

Level: Beginner

Choreographer: Laura Michaels (UK) & Becky Michaels (UK)

Music: Iko Iko - Captain Jack



RIGHT AND LEFT MAMBO CROSS, WALK, WALK, MAMBO STEP

- 1&2 Right step right, step left next to right, cross right over left
- 3&4 Left step left, step right next to left, cross left over right
- 5-6 Walk forward right, walk forward left
- 7&8 Rock forward on right, step in place on left, step right next to left

LEFT AND RIGHT MAMBO CROSS, WALK, WALK, MAMBO STEP

- 9&10 Left step left, step right next to left, cross left over right
- 11&12 Right step right, step left next to right, cross right over left
- 13-14 Walk forward left, walk forward right
- 15&16 Rock forward on left, step in place on right, step left next to right

STEP ½ TURN RIGHT TWICE, MAMBO STEP, STEP ½ TURN LEFT TWICE, MAMBO STEP

- 17 Turn ½ right and then step forward on right foot
- 18 Turn ½ right and then step back on left foot
- 19&20 Step back on right, step in place on left, step right next to left
- 21 Turn ½ left and then step forward on left foot
- 22 Turn ½ left and then step back on right foot
- 23&24 Step back on left, step in place on right, step left next to right

STEP BEHIND, ¼ TURN RIGHT SHUFFLE, ROCK ROCK, TRIPLE ½ TURN LEFT

- 25-26 Right step right, step left behind right
- 27&28 Right shuffle (right, left, right) turning ¼ right
- 29-30 Rock forward on left, step in place on right
- 31&32 Triple ½ turn left on left, right, left

REPEAT
