

Lej Mamo Lej

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Marja Urgert (NL) & Jan Van Tiggelen (NL) - September 2019

Musique: Lej Mamo Lej - Jolly és Suzy



Intro: 16 Counts from the heavy beat

Sec 1: Walk R-L-R fwd, Touch, & Heel & Touch Touch, & Heel & Touch

1-2-3-4 RF. Step fwd (1) - LF. Step fwd (2) - RF. Step fwd (3) - LF. Touch toe beside RF (4)
&5&6 LF. Step back (&) - RF. Dig heel fwd (5) - RF. Step beside LF (&) - LF. Touch toe beside RF (6)
&7&8 LF. Step back (&) - RF. Dig heel fwd (7) - RF. Step beside LF (&) - LF. Touch toe beside RF (8)

Sec 2: Walk L-R-L bwd, Touch, & Jump diagonal R back, & Hip, & Jump diagonal L fwd, & Jump diagonal R fwd

1-2-3-4 LF. Step back (1) - RF. Step back (2) - LF. Step back (3) - RF. Touch toe beside LF (4)
&5&6 RF. Jump diagonal R back - LF. Touch toe beside RF (5) - hip bump to L (&) - Push hip bump to R (6) (weight on RF)
&7&8 LF. Jump diagonal L fwd (&) - RF. Touch toe beside LF (7) - RF. Jump diagonal R fwd (&) - LF. Touch toe beside RF (8)

Sec 3: Step Side L, Kick, Step Side R, Kick, Side, Behind, 1/4 Turn L, Scuff

1-2-3-4 LF. Step side (1) - RF. Kick diagonal across L (2) - RF. Step side (3) - LF. Kick diagonal across R (4)
5-6-7-8 LF. Step side (5) - RF. Cross behind LF (6) - LF. 1/4 Turn L step fwd (7) - RF. Scuff fwd (8) (9:00)

Sec 4: Weave, Cross Rock, Recover, Side, Together

1-2-3-4 RF. Cross over LF (1) - LF. Step side (2) - RF. Cross behind LF (3) - LF. Step side (4)
5-6-7-8 RF. Cross rock over LF (5) - LF. Recover (6) - RF. Step side (7) - LF. Step together (8)

Start Again

Note: After the 10th wall, the music slows down, take 4 counts of rest and start the dance again, adjust the tempo (6:00)

Tag: After the 13th wall (9:00) Hip R-L-R-L

1-2-3-4 RF. Step to R side bump hip R (1) - Bump hip L (2) - Bump hip R - (3) - Bump hip L (4)

Ending: (6:00) Dance the 15th wall to count 31, count 7 of the 4th block, then do (9:00)

8 LF. 1/4 Turn L stomp fwd (12:00)

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