

Lady Flame

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Michael Lynn (UK)

Musique: Lady Flame - Dima Bilan



FORWARD MAMBO, BACKWARD MAMBO, SIDE MAMBOS

- 1&2 Rock forward left, recover weight onto right, step left beside right
- 3&4 Rock backward right, recover weight onto left, step right beside left
- 5&6 Side rock left to left side, recover weight onto right, step left beside right
- 7&8 Side rock right to right side, recover weight onto left, step right beside left

½ BARREL ROLL, BACKWARD MAMBO, ½ BARREL ROLL, BACKWARD MAMBO

- 1&2 Step left ¼ left, step right ¼ left, step left beside right
- 3&4 Rock backward right, recover weight onto left, step right beside left
- 5&6 Step left ¼ left, step right ¼ left, step left beside right
- 7&8 Rock backward right, recover weight onto left, step right beside left

LEFT BOTOFOGO, RIGHT BOTOFOGO, BASIC SAMBA STEPS

- 1&2 Cross left over right, step right to right side, step left in place
- 3&4 Cross right over left, step left to left side, step right in place
- 5&6 Step forward left, step right beside left, step left in place
- 7&8 Step backward right, step left beside right, step right in place

LEFT SAILOR STEP, RIGHT SAILOR STEP, SHUFFLE FORWARD LEFT, STEP ½ PIVOT TURN STEP

- 1&2 Cross left behind right, step right to right side, step left to place
- 3&4 Cross right behind left, step left to left side, step right to place
- 5&6 Step forward left, close right beside left, step forward left
- 7&8 Step forward right, ½ turn left, step forward onto right

REPEAT
