

Life Under The Mango Tree

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Irene Groundwater (CAN)

Musique: Life Under The Mango Tree - Imua



FORWARD, TOUCH, BACK, TOGETHER, FORWARD, TOGETHER, FORWARD, TOUCH

- 1-2 Right diagonal forward, touch left ball beside right instep
- 3-4 Left diagonal back, touch right ball beside left instep
- 5-6 Right diagonal forward, step left beside right
- 7-8 Right diagonal forward, touch left ball beside right instep

Option:

- 1 Stretch hands forward palms down towards the right, right hand leading body turned slightly left for counts 1 and 5-8
- 2 Bring hands back beside body
- 5 Hands forward
- 6 Close hands still forward
- 7 Open hands palm down
- 8 Close hands

Ultra Beginner Option: on counts 2 and 4 - instead of touches just do holds

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOGETHER, FORWARD, TOUCH

- 1-2 Left diagonal forward, touch right ball beside left instep
- 3-4 Right diagonal back touch left ball beside right instep
- 5-6 Left diagonal forward, step right beside left
- 7-8 Left diagonal forward, touch right ball beside left instep

Option:

- 1 Stretch hands forward palms down towards the left, left hand leading body turned slightly right for counts 1 and 5-8
- 2 Bring hands back beside body)
- 5 Hands forward
- 6 Close hands still forward\
- 7 Open hands palm down
- 8 Close hands

Ultra Beginner Option: On counts 2 and 4 - instead of touches just do holds)

TOUCH-FORWARD-SIDE-FORWARD, TOGETHER, TOUCH-FORWARD-SIDE-FORWARD, TOGETHER

- 1-2 Touch right ball forward, touch right ball to right
- 3-4 Touch right ball forward, step right beside left
- 5-6 Touch left ball forward, touch left ball to left
- 7-8 Touch left ball forward, step left beside right

Option:

- 1-4 Extend arms forward-out to sides -forward-back beside body
- 5-8 Extend arms forward-out to sides -forward-back beside body

FORWARD, HOLD, ¼ TURN LEFT, HOLD, SWAY, HOLD, SWAY, HOLD

- 1-2 Right forward, hold
- 3-4 Pivot ¼ turn left onto left, hold
- 5-6 Side step right and sway right, hold
- 7-8 Sway left, hold

Option:

- 1-4 Sweep right hand above head to the right
- 5-6 Stretch both hands out to the right

7-8

Stretch both hands out to the left

REPEAT
