

# Nasdravia

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Laura Michaels (UK) & Becky Michaels (UK)

**Musique:** Iko Iko - Captain Jack



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## **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**

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