Sandy's Dance



Compte: 64 Mur: 2 Niveau: Intermediate

Chorégraphe: Sandy Fatone

Musique: Tres Deseos (Three Wishes) - Gloria Estefan



MAMBO STEPS RIGHT, LEFT, RIGHT, LEFT

| 1&2 | Rock right to right side, step left in place, step right next to left |
|-----|---|
| 3&4 | Rock left to left side, step right in place, step left next to right |
| 5&6 | Rock right to right side, step left in place, step right next to left |
| 7&8 | Rock left to left side, step right in place, step left next to right |

8 FORWARD SHOULDER SHRUGS WITH FORWARD PELVIC TILTS

| 9 | Touch right toe forward, shrug both shoulders forward, tilt pelvis forward |
|----|--|
| 10 | Step down on right, repeat forward shoulder shrug and pelvic tilt |
| 11 | Touch left toe forward, repeat forward shoulder shrug and pelvic tilt |
| 12 | Step down on left, repeat forward shoulder shrug and pelvic tilt |
| 13 | Touch right toe forward, shrug both shoulders forward, tilt pelvis forward |
| 14 | Step down on right, repeat forward shoulder shrug and pelvic tilt |
| 15 | Touch left toe forward, repeat forward shoulder shrug and pelvic tilt |
| 16 | Step down on left, repeat forward shoulder shrug and pelvic tilt |

1/2 TURNS WITH SHUFFLE STEPS

| 17-18 | Step right forward, pivot ½ turn left |
|-------|---------------------------------------|
| 19&20 | Shuffle forward right, left, right |
| 21&22 | Step left forward, pivot ½ turn right |
| 23&24 | Shuffle forward left, right, left |

STEP OUT OUT, KNEES IN OUT 2X, 2 HEELS

| 25-26 | Step right to right side, step left to left side (slightly more than shoulder width) |
|-------|--|
| 27 | Bring both knees together by bending straight down, lean whole body left |
| 28 | Still leaning left, bring knees apart |
| 29 | Bring both knees together by bending straight down, lean whole body right |
| 30 | Still leaning right bring knees apart |
| &31 | Step right in place, touch left heel forward |
| &32 | Step left in place, touch right heel forward |

CROSS TOUCH OUT 4X

| & | Step right in place |
|-------|--|
| 33-34 | Cross step left in front of right, touch right toe to right side |
| 35-36 | Cross step right in front of left, touch left toe to left side |
| 37-38 | Cross step left in front of right, touch right toe to right side |
| 39-40 | Cross step right in front of left, touch left toe to left side |

KNEE ROLLS

| & | Shift weight to left (feet will be shoulder length apart) |
|-------|---|
| 41-42 | Roll right knee to the right, roll left knee to the left |
| 43-44 | Roll right knee to the right twice |
| 45-46 | Roll left knee to the left, roll right knee to the right |
| 47-48 | Roll left knee to the left twice |

1/2 TURN, HIP BUMPS, LOCK STEP SIDE ROCK

49-50 Step right forward, pivot ½ turn left

51&52 Step right next to left, bump hips right, left, right

Step right diagonally forward toward rightLock left behind right

54 Step right diagonally forward

55-56 Rock left to left side, recover weight on right

LOCK STEP SIDE ROCK, 4 PADDLE TURNS

57 Step left diagonally forward toward left

& Lock right behind left

58 Step left diagonally forward

Rock right to right side, recover weight on left
Touch right toe forward and push to turn ¼ left
Touch right toe forward and push to turn ¼ left
Touch right toe forward and push to turn ¼ left
Touch right toe forward and push to turn ¼ left
Touch right toe forward and push to turn ¼ left

REPEAT