

Simply Syncopated

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Violet Ray (USA)

Musique: Un Momento Alla - Rick Trevino



SIDE MAMBOS (RIGHT & LEFT), FORWARD & BACK MAMBOS

- 1&2 Step right foot out to right side, rock back (recover) on left foot, step right foot next to left foot
- 3&4 Step left foot out to left side, rock back (recover) on right foot, step left foot next to right foot
- 5&6 Step right foot forward, rock back (recover) on left foot, step right foot next to left foot
- 7&8 Step left foot back, rock forward (recover) on right foot, step left foot next to right foot

SHUFFLE FORWARD, ½ RIGHT TURN, SHUFFLE FORWARD, ¼ LEFT TURN

- 1&2 Step right foot forward, step left foot next to right foot, step right foot forward
- 3-4 Step left foot forward, turn ½ right stepping on right foot
- 5&6 Step left foot forward, step right foot next to left foot, step left foot forward
- 7-8 Step right foot forward, turn ¼ left stepping on left foot

FORWARD ROCK & RECOVER, COASTER STEP, SIDE ROCK & RECOVER, SAILOR SHUFFLE

- 1-2 Step right foot forward, rock back (recover) on left foot
- 3&4 Step right foot back, step left foot next to right foot, step right foot forward
- 5-6 Step left foot out to left side, rock back (recover) on right foot
- 7&8 Step left foot cross behind right foot, step ball of right foot out to right side, step left foot out to left side

FORWARD ROCK & RECOVER, COASTER STEP, SIDE ROCK & RECOVER, SAILOR SHUFFLE

- 1-2 Step right foot forward, rock back (recover) on left foot
- 3&4 Step right foot back, step left foot next to right foot, step right foot forward
- 5-6 Step left foot out to left side, rock back (recover) on right foot
- 7&8 Step left foot cross behind right foot, step ball of right foot out to right side, step left foot out to left side

REPEAT
