

Swinglish

Compte: 40

Mur: 4

Niveau: Intermediate

Chorégraphe: Kate Sala (UK) & Arthur Furrer (CH)

Musique: Mi Vida Loca - Pam Tillis



MAMBO FORWARD, MAMBO BACK, SIDE MAMBO TWICE

- 1&2 Rock forward on right, rock back on left, step right next to left
3&4 Rock back on left, rock forward on right, step left next to right
5&6 Rock right out to right side, rock left in place, step right next to left
7&8 Rock left out to left side, rock right in place, step left next to right

LOCK STEP FORWARD TWICE, PIVOT ½ TURN, ¼ TURN, WEAWE, TOUCH

- 1&2 Step forward on right, lock step left behind right, step forward on right
3&4 Step forward on left, lock step right behind left, step forward on left
5&6 Step forward on right, pivot ½ turn left, turn ¼ left stepping right to right side
&7& Cross step left behind right, step right to right side, cross step left over right
8 Touch right to right side

CROSS SHUFFLE, ¼ TURN, SIDE STEP, LOCK STEP FORWARD, CROSS, STEP BACK

- 1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Turn ¼ left stepping left and slightly back on left foot, step right to right side
5&6 Step forward on left, lock step right behind left, step forward on left
7-8 Cross step right over left, step back on left

CHASSE RIGHT, CROSS ROCK, FULL TURN, CROSS, SIDE STEP

- 1&2 Step right to right side, close left next to right, step right to right side
3-4 Cross rock left over right, rock right in place
5&6 Full turn left, traveling left stepping on left, right, left
7-8 Cross step right over left, step left to left side

SCISSOR STEP, TURN ¼ RIGHT, TOUCH, SYNCOPATED LOCK STEP, PIVOT ½ TURN

- 1&2 Step right to right side, close left next to right, cross step right over left
3-4 Turn ¼ right stepping back on left, touch right toe in front of left
5&6 Step forward on right, lock step left behind right, step forward on right
&7-8 Lock step left behind right, step forward on right, pivot ½ turn left

REPEAT

On the track 'Mi Vida Loca', there are 4 counts remaining at the end of the song. To finish the dance, repeat the side mambo steps