

Exite

Compte: 32

Mur: 2

Niveau: Intermediate



Chorégraphe: Melissa Lowe (UK)

Musique: Sexual (La Da Di) - Amber

LEFT CROSS HEEL JACKS RIGHT CROSS HEEL JACK. BODY ROLL. FULL TURN

- 1&2 Step left diagonally back, touch right heel to right side, step right to center, cross step left over right
- 3&4 Step right diagonally back, touch left heel to left side, step left to left center, cross step right over left
- 5&6 Swing body forward bending knees
- 7&8 Cross left over right and unwind

LEFT SAILOR STEP, RIGHT SAILOR STEP

- 1&2 Step left behind right step to right side. Bring left in place
- 3&4 Step right behind left step to left side bring right place. Step turn, turn, turn
- 5-6-7&8 Step forward left ½ turn over right shoulder turn right and turn left

MAMBO LEFT, MAMBO RIGHT, MAMBO FORWARD, MAMBO BACK

- 1&2 Left recover together
- 3&4 Right recover together
- 5&6 Rock on left recover together
- 7&8 Rock back on right recover together

SKATE FORWARD X 4, WEAVE LEFT WITH A HEEL JACK

- 1-2-3-4 Slide forward right, left, right left
- 5-6-7&8 Cross right over left step left to left side step right behind and point right heel forward

REPEAT
