

Mach

Compte: 32

Mur: 4

Niveau: Higher Beginner

Chorégraphe: John Ng (SG) - August 2011

Musique: Mach - Rainbow



Intro: 48 counts from start of track

TOUCH R & BUMP HIPS R-L-R, BEHIND SIDE CROSS, TOUCH L & BUMP HIPS L-R-L, BEHIND SIDE CROSS

- 1&2 Touch R toes to right & bump hips R/L/R keeping weight on L
- 3&4 Step right behind left, step left to left, cross right over left
- 5&6 Touch L toes to left side & bump hips L/R/L keeping weight on R
- 7&8 Step left behind right, step right to right, cross left over right

R CHASSE, ¼ L L CHASSE, STEP, TOUCH, BACK, KICK, BACK ROCK

- 1&2 Step right to right, step left beside right, step right to right
- 3&4 ¼ turn left step left to left, step right beside left, step left to left
- 5&6& Step forward on right, touch left toe behind right, step back on left, kick forward on right
- 7-8 Rock back on right, recover onto left

HEEL SWITCHES, SIDE, DRAG, HEEL SWITCHES, SIDE, DRAG

- 1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 3-4 Step right to right, drag left toe to right foot
- 5&6& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
- 7-8 Step left to left, drag right toe to left foot

RUMBA BOX, R COASTER, FORWARD SHUFFLE

- 1&2 Step right to right, step left beside right, step forward on right
- 3&4 Step left to left, step right beside left, step back on left
- 5&6 Step back on right, step left beside right, step forward on right
- 7&8 Step forward on left, lock right behind left, step forward on left

REPEAT

TAG: After wall 7, do the following 4 counts.

- 1-4 Rock forward on right, recover onto left, rock back on right, recover onto left

RESTART: On wall 2, dance to count 16, then restart dance
