

Mami Chula

拍数: 48 墙数: 2 级数:
编舞者: Materne Georgette (FR) - August 2015
音乐: Back It Up (feat. Jennifer Lopez & Pitbull) - Prince Royce



S1: CROSS, ROCK SIDE, CROSS, ROCK SIDE, MAMBO FORWARD, BACK? BACK

1&2 LF cross over RF, RF rock side R, LF recover
3&4 RF cross over LF, LF rock side L, RF recover
5&6 LF rock forward, RF recover, LF step back
7-8 RF step back, LF step back

S2: CROSS, HOLD, CROSS SHUFFLE 1/4 TURN R, ROCK SIDE, BEHIND, SIDE, CROSS,

1-2 RF cross over LF, hold
&3&4 LF step side 1/4 turn r, RF cross over, LF step side L, RF cross over lf 3:00
5-6 LF rock side L, RF recover
7&8 LF cross Behind, RF step side R, LF cross over RF

S3: MAMBO SIDE R & L, LOCK STEP BACK R, LOCK STEP BACK L

1&2 RF rock side R, LF recover, RF step next to LF
3&4 LF rock side L, RF recover, LF step next to RF
5&6 RF step back, LF lock cross over Rf, RF step back
7&8 LF step back, RF lock over LF, LF step back

S4: STEP SIDE 1/4 TURN R, TOUCH, KICK BALL POINT SIDE, 1/4 TURN ,1/2 TURN, 1/4 CHASSE

1-2 Step side right ,1/4 turn R, LF touch toe beside RF 6:00
3&4 LF Kick forward, LF together, RF point side
5-6 RF step forward 1/4 turn R, LF step back 1/2 turn r,
7&8 RF step side 1/4 turn R, LF step next to Rf, RF step side R 6:00

* Restart walls 2-4-7-8

S5: HIPS TOE STRUT L & R , SKATE 4 X

1-2 LF hip pushing toe forward, LF hip drop heel
3-4 RF hip pushing toe forward, RF hip drop heel

* Restart wall 6

5-6 LF skate, RF skate
7-8 LF skate, RF skate

S6: CROSS SIDE, BACK, TOUCH HEEL FORWARD TWICE

1-2 LF cross over RF , RF step side R
&3&4 LF step back diagonally left, RF back diagonally left, LF touch heel forward diagonally left
&5-6 LF together, RF cross over LF, LF step side L
&7&8& RF step back diagonally R, LF back diagonally R, RF touch heel forward diagonally R, RF step together

RESTARTS : -

Walls 2-4-7-8 after 32 first counts

Wall 6 after 36 counts first dance