

Habana

拍数: 60 墙数: 4 级数: High Improver
编舞者: Fred CHABBAT (FR) - July 2016
音乐: Habana - Florent Pagny



Intro: 16 Count

SI- Cross Rock to R – Shuffle L + ¼ Turn L – Ronde ¼ Turn L - Triple Step in place – Cross Mambo L

1-2-3- Side R to R-Cross L on R- Recover R
4&5- Shuffle L to L (LRL) + ¼ Turn L
6&7- Ronde R Foot with ¼ Turn L and Triple R/L/R in Place
8&1- Mambo Cross L on R - Recover R - Side L to L

SII- Cross Mambo R - Step Turn R with L - Walk R/L – Mambo Fwrd

2&3- Mambo Cross R on L – Recover L – Side R to R
4-5- Step L turn R
6-7- Walk L - Walk R
8&1- Mambo L Fwrd – Recover R – Back L

SIII- Back R and L – Mambo Back R – Mambo L to L – Mambo R to R

2-3- Back R – Back L
4&5- Mambo Back R – Recover L – R Beside L
6&7- Mambo L to L
8&1- Mambo R to R

SIV- Mambo Cross Rock and Side L and R (X2) ¼ Turn R

2&3- Mambo Cross L on R – Recover R – Side L to L
&4&5- Recover R – Mambo Cross L on R – Recover R - Side L to L
6&7- Mambo Cross R on L – Recover L – Side R to R
&8&1- Recover L – Mambo Cross R on L – Recover L – Side R to R with ¼ Turn R

SV- Sway L/R – Schuffle L to L – Mambo Cross Rock and Side (X2)

2-3- Sway L – Sway R
4&5- Shuffle to L – LRL
6&7- Mambo Cross R on L – Recover L – Side R to R
&8&- Recover L – Mambo Cross R on L – Recover L

SVI- Sway R/L– Schuffle R to R – Mambo Cross Rock and Side (X2)

1-2- Sway R – Sway L
3&4- Shuffle to R – RLR
5&6- Mambo Cross L on R – Recover R – Side L to L
&7&8- Recover R – Mambo Cross L on R – Recover R - Side L to L with ¼ Turn L

RESTART WALL 2

SVII- Hitch and Side R (X2) – Hitch and Side L (X2)

1-2- Hitch R – Side R to R
3-4- Hitch L – Side L to L
5-6- Hitch R – Side R to R
7-8- Hitch L – Side L to L

SVIII- Cross R on L – Unwind ¾ Turn L

1- Cross R on L
2-3-4- Unwind ¾ Turn L (Weight on L)

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