

Watch The Tempo

拍数: 64 墙数: 2 级数: Advanced
编舞者: Nathan Gardiner (SCO) - April 2018
音乐: Mad Love (feat. Becky G) - Sean Paul & David Guetta



Intro: 16 counts

S1: Mambo Step, Coaster Step, Kick, Step Lock, Step, Side R, Heel Ball Cross

1&2 Rock forward on R, Recover on L, Step back on R
3&4 Step back on L, Step R next to L, Step forward on L
5&6& Kick R forward, Step R forward, Lock L behind R, Step R to R side
7&8 Dig L heel to L diagonal, Step L next to R, Cross R over L

S2: Side L, Together, Cross, ¼ L, ½ L, ¼ L, Together, Rock Out, Recover, Sway R, L, R,

&1-2 Step L to L side, Step R next to L, Cross L over R
3& ¼ L stepping back on R, ½ L stepping forward on L
4& ¼ L stepping R to R side (Split both knees apart), Step L next to R (Bringing knees in)
5-6 Rock out to R side, Recover on L
7&8 Sway to R side, Sway to L side, Sway to R side kicking L forward

S3: Cross, Unwind Full Turn R, Behind, Side, Cross, Full Turn L bouncing heels, Shuffle Forward

1-2 Cross L over R, Unwind full turn R sweeping R from front to back
3&4 Step R behind L, Step L to L side, Cross R over L
5-6 Full turn L bouncing heels twice
7&8 Step forward on L, Step R next to L, Step forward on L

S4: Camel Walks, Knee Knocks (knee wiggles), Syncopated Rocking Chair, Together, Body Roll

1-2 Step forward on R popping L knee forward, Step forward on L popping R knee forward
3&4& Step forward on R knocking R knee out & in, Step forward on L knocking L knee in & out
5&6& Rock forward on R, Recover on L, Rock back on R, Recover on L
7-8 Step R next to L & start body roll from bottom to top

S5: Side R with Side Kick, ¼ L with Flick, Mambo Step, Step Back, Heel Dig, Step Forward, Cross, Side R, Together, Cross

1-2 Step R to R side kicking L to L side, ¼ L stepping forward on L flicking R back
3&4 Rock forward on R, Recover on L, Step R next to L
&5-6 Step back slightly on L, Dig R heel forward, Step forward on R flicking L back
7& Cross L over R, Step R to R side
8& Step L next to R, Cross R over L

S6: ¼ R, ½ R, ¼ R, Rock Back, Recover, ½ L, Walk Back L & R with Sweeps, Rock Hitch

1-2& ¼ R stepping back on L, ½ R stepping forward on R, ¼ R stepping L to L side
3-4& Rock back on R, Recover on L, ½ L stepping back on R
5-6 Step back on L sweeping R from front to back, Step back on R sweeping L from front to back
7&8 Rock back on L hitching R knee, Recover on R, Rock back on L hitching R knee

(Restart on wall 1, change of step)

S7: Side R, Behind, ¼ R, Side L, Behind, ¼ L, Step Pivot ½ L, Paddle 1/8 L, Paddle 1/8 L

1-2& Step R to R side, Step L behind R, ¼ R stepping forward on R
3-4& Step L to L side, Step R behind L, ¼ L stepping forward on L
5-6 Step forward on R, Pivot ½ L
7-8 Paddle 1/8 L touching R to R side, Paddle 1/8 L touching R to R side

S8: Cross, Back, Ball Cross, Back, Ball, Kick Out Out, Heel Swivel, Heel Swivel

1-2& Cross R over L, Step back on L, Step R slightly to R side

3-4& Cross L over R, Step back on R, Step L slightly to L side

5&6 Kick R across L, Step R to R side, Step L to L side

&7&8 Swivel R heel in, Swivel R heel to centre, Swivel L heel in, Swivel L heel to centre

Restart: On wall 1 dance 48 counts change Rock Hitch to Sailor $\frac{1}{4}$ L then Restart the dance again

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