6 de La Mañana

拍数: 32 **墙数:** 2 **级数:** Low Intermediate

编舞者: Val Saari (CAN) - February 2019

音乐: 6 AM (feat. Farruko) - J Balvin

TOE-STRUTS FWD (RL), R SIDE MAMBO, WALK BACK (LR), MAMBO BACK

1&2&	Touch RF toes forward, Step heel down, Touch LF toes forward, Step heel down
3&4	RF Rock side right, LF recover, RF close together beside L
5-6	Walk back, LF, RF
7&8	Rock back on LF, Recover RF, Step LF beside R

WALK FORWARD, MAMBO FORWARD, TOE-STRUTS BACK X 2 (LR), L SIDE MAMBO

1-2	Walk forward, RF, LF
3&4	Rock forward on RF, Recover LF, Step RF beside left
5&6&	Touch LF toes back, Drop heel, Touch RF toes back, Drop heel
7&8	Rock LF To left side, RF recover, LF close together beside R

MODIFIED CROSS MAMBOS (R, L 1/4 PIVOT L), TOE STRUT V-STEP

1&2&	RF Cross over L, LF Recover weight, Step RF toes right, Step heel down
3&4&	LF Cross over R, RF Recover weight, Step LF toes 1/4 pivot L, Step heel down
5&6&	Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00),Step heel down
7&8&	Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

MODIFIED CROSS MAMBOS (R, L 1/4 PIVOT L), KICK-BALL CHANGE X 2

1&2&	RF Cross over L, LF Recover weight, Step RF toes right, Step heel down
3&4&	LF Cross over R, RF Recover weight, Step LF toes 1/4 pivot L, Step heel down
5&6	Kick RF forward, Step RF together, Step LF together
7&8	Kick RF forward, Step RF together, Step LF together

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027