

Sway To The Remedy

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Alison Green (UK) - January 2020
音乐: Love Remedy - Roachford



(1-8) MAMBO ROCK FORWARD & BACK RIGHT - LEFT, RIGHT SHUFFLE FORWARD WALK LEFT RIGHT

1&2 Mambo Rock right foot forward & Back
3&4 Mambo Rock Left Foot back & forward
5&6 Step right foot forward, close left foot step forward right foot forward
7- 8 Walk forward left walk forward right (Optional full turn)

(9-16) SWAY LEFT RIGHT, SAILOR ¼ TURN LEFT RIGHT FORWARD MAMBO LEFT COASTER STEP BACK

1 -2 Sway hips left sway hips right
3&4 Step left foot behind right turn ¼ turn left step right foot forward step left foot forward (facing 9 o'clock wall)
5&6 Mambo rock forward on right foot & replace weight on left mambo rock right foot back
7&8 Step left foot back, bring right foot beside left, step forward left

(17-24) GRAPEVINE RIGHT GRAPEVINE LEFT

1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot to right side, touch toe beside right
5-6 Step left foot to left side, step right foot behind left
7-8 Step left foot to left side brush right foot forward

OPTIONAL STEPS 5-8 CAN BE REPLACE WITH A ROLLING VINE LEFT

(25-32) RIGHT MAMBO FORWARD & BACK LEFT COASTER BACK SWAY RIGHT, LEFT, RIGHT LEFT

1&2 Mambo rock forward on right foot & replace weight on left mambo rock right foot back
3&4 Step left foot back, bring right foot beside left, step forward left
5-8 Sway hips right, left, right left

Thank You For Taking A Look At My Dance. This Is The First Dance I Have Written And Music Suggestion Came From One Of My Dancers And Best Friend Julie I Hope You Enjoy The Dance Xx
Last Update - 23 Jan. 2020