

6 am

拍数: 32 墙数: 4 级数: Improver
编舞者: Martine Canonne (FR) - December 2019
音乐: 6 AM (feat. Farruko) - J Balvin



Start : 16 counts – No Tag No Restart

[1 – 8] MAMBO FWD, MAMBO BACK, [SIDE ROCK CROSS] R & L

- 1 & 2 Step RF fwd, recover onto LF, step RF slightly back
- 3 & 4 Step LF back, recover onto RF, step LF slightly fwd
- 5 & 6 Step RF to right side, recover onto LF, cross RF slightly over LF while advancing
- 7 & 8 Step LF to left side, recover onto RF, cross LF slightly over RF while advancing (12:00)

[9 – 16] TURN ½ L WITH SIDE ROCK, CROSS SAMBA R, ¼ JAZZBOX L

- 1&2& Make turn 1/8 left stepping RF to right side, recover onto LF, make turn 1/8 left stepping RF to right side, recover onto LF (09 :00)
- 3&4& Make turn 1/8 left stepping RF to right side, recover onto LF, make turn 1/8 left stepping RF to right side, recover onto LF (06:00)

Option during counts 1-4 : you can do « shimmy » or « roll shoulders »

- 5 & 6 Cross RF over LF, step LF to left side, step RF slightly diagonal right
- 7 & 8 Cross LF over RF, turn ¼ left stepping RF back, step LF to left side (03:00)

[17 – 24] CROSS ROCK-SIDE ROCK, CROSS SAMBA R, CROSS ROCK-SIDE ROCK, ¼ JAZZ BOX L

- 1&2& Cross RF over LF, recover onto LF, step RF to right side, recover onto LF
- 3 & 4 Cross RF over LF, step LF to left side, step RF slightly diagonal right
- 5&6& Cross LF over RF, recover onto RF, step LF to left side, recover onto RF
- 7 & 8 Cross LF over RF, turn ¼ left stepping RF back, step LF to left side with prep for turn right (12:00)

[25 – 32] FULL TURN VOLTA R, ¾ VOLTA L

- 1&2& Turn ¼ right stepping RF fwd, cross LF behind RF (3rd position), turn ¼ right stepping RF fwd, cross LF behind RF (3rd position) (06:00)
- 3 & 4 Turn ¼ right stepping RF fwd, cross LF behind RF (3rd position), turn ¼ right stepping RF fwd (12:00)
- 5&6& Turn ¼ left stepping LF fwd, cross RF behind LF (3rd position), Turn ¼ left stepping LF fwd, cross RF behind LF (3rd position) (06:00)
- 7 & 8 Turn 1/8 left stepping LF fwd, cross RF behind LF (3rd position), Turn 1/8 left stepping LF fwd (03:00)

FINAL : unwind to the right to finish facing 12:00

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