

Rama Lama Ding Dong

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - February 2020
音乐: Rama Lama Ding Dong - The Edsels : (iTunes)



(Intro: 40 counts)

[S1] Shuffle – Fwd-Side-Side-Fwd

1&2 R shuffle forward RLR
3&4 Shuffle to the left LRL
5&6 Shuffle to the right RLR
7&8 L shuffle forward LRL (12:00)

[S2] Mambo – Fwd-Back, Step-Pivot 1/2L, Lock Step Fwd

1&2 Rock forward on R, Recover weight on L, Step back on R
3&4 Rock back on L, Recover weight on R, Step forward on L
5 6 Step forward on R, Make a ½ turn left recover weight on L
7&8& Step forward on R, Lock L behind R, Step forward on R, Lock L behind R** (6:00)

[S3] Fwd Rock, Back-Heel-Back-Heel, Ball-Back Rock, Paddle Turn R

1 2 Rock forward on R, Recover weight on L
&3&4 Step back on R, L heel forward, Step back on L, R heel forward
&5 6 Slightly step back on R, Rock back on L, Recover weight on R
7 8 Step forward on L, Make a ¼ turn right recover weight on R (9:00)

[S4] Cross Samba, 2x Behind-Point, Touch-Unwind w/Hook

1&2 Cross L over R, Rock R to the right, Recover weight on L
3 4 Step R behind L, Point L to the side
5 6 Step L behind R, Point R to the side
7 8 Touch back on R and making a ½ turn right weight ends on L, Hook R foot in front of L (3:00)

Tag: End of Wall 2 (6:00)- 1 count "Touch" with click (touch R toe close to L and click your fingers at the same time)

Bridge (11 counts): On Wall 6 (starts at 3:00) count 16** (9:00)

Step-Together, Run Back, Back-Together, Run Fwd, Step-Together-Click

1 2 Step forward on R, Step L together
3&4 Run back RLR
5 6 Step back on L, Step R together
7&8 Run forward LRL

1 2 3 Step forward on R, Step L together, Click your fingers

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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