Reggae Nong Nong Nong



编舞者: Heru Tian (INA) - March 2020

音乐: China Reggaeton (feat. Anthony Wong (黃秋生)) - Namewee (黃明志)



Dance Sequences: A Bbb Bbb Aa B B(16 Counts)

Part A (16 Counts)

Section 1

1, 2 Cross Samba Step (Left, Right)
3&4 Cross Shuffle (Left Right Left)
5, 6 Cross Samba Step (Right, Left)
7&8 Cross Shuffle (Right Left Right)

Section 2

1&2 Side Mambo Step (Side Rock ,Recover, Close)

3&4 Body Row /Shimmy

5&6 Side Mambo Step (Side Rock ,Recover, Close)

7&8 Body Row /Shimmy

Part B (32 Counts)

Section 1

1, 2	Touch Left Foot To Right Diagonal, Touch To Side

3&4 Hip Bum (2 Times)

5, 6 Touch Right Foot To Left Diagonal, Touch To Side

7&8 Hip Bum (2 Times)

Section 2

1&2	Mambo Step Started With Left Foot
3&4	Coaster Step Started With Right Foot
5 -8	Polka Step Started With Left Foot

Section 3

1-4	Half Diamond Step Started With Right Foot
5&6	Side Rock Right Foot And Close (Shimmy)
7&8	Side Rock Left Foot And Close (Shimmy)

Section 4

1-4	Half Diamond Step Started With Right Foot
5&6	Mambo Step With Half Turn Started With Right

7, 8 Rock Back Left Foot And Recover

Start After 16 Counts (Er Hu Sound)