

Mandale

拍数: 32 墙数: 4 级数: Improver
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音乐: Mandale - Kamaleon



Intro: 16 counts

S1: Mambo forward, Mambo back, Cross rock, Side rock, Behind, Side, Cross

1&2 RF Rock forward, recover onto LF, RF step back
3&4 LF Rock backward, recover onto RF, LF step forward
5&6& Cross rock RF over LF . Recover weight LF . Rock RF to right side . Recover weight LF
7&8 RF cross behind LF, LF step side, RF cross over LF

S2: ¼ turn point X2, Step lock step, Step, Together, Shuffle

1-2 Turn ¼ right pointing LF to left, Turn ¼ right pointing LF to left
3&4 Step LF forward , Lock RF behind LF, Step LF forward
5-6 Step RF to right , Step LF next to RF
7&8 Step RF to right , Step LF next to RF , Step RF to right

S3: Side, Close, Side, Touch, Fwd Run 3X Hitch, Back Run 3X Hitch

1-2 Step LF to left, Close RF next to LF --(as you do these counts bring arms in front of chest and pop chest twice)
3-4 Step LF to left , touch RF next to LF --(as you do these counts bring arms in front of chest and pop chest twice)
5&6 Run forward R-L-R as you Hitch LF
7&8 Back L-R-L as you Hitch RF

S4: Mambo side X2 ,Shuffle, Shuffle 1/4 Turn

1&2 RF Rock right, recover onto LF, RF step together
3&4 LF rock left, recover onto RF, LF step together
5&6 Step RF to right , Step LF next to RF , Step RF to right
7&8 ¼ turn L & Step LF to left , Step RF next to LF , Step LF to left

No tag No Restart !!! Have fun :)

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