

Nena

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Nena - Mamacita, Roy Paci & Didy



Restart on wall 2 after 16 counts

Intro: 16 counts.

(1-8) Mambo back ½ turn, mambo back, mambo right, mambo left.

1&2 RF mambo back, LF recover weight ½ turn left, RF step back.
3&4 LF mambo back, RF recover weight, LF step next RF.
5&6 RF mambo right, LF recover weight, RF step next LF.
7&8 LF mambo left, RF recover weight, LF step next RF.

(9-16) Lock step forward, out-out, in-in, knee pop.

1-2 RF step forward, LF lock behind RF.
3&4 RF step forward, LF lock behind RF, RF step forward.
5&6 LF step heel out forward, RF step heel out forward, LF step in.
7&8 RF step in, Right elbow to right side of chest, LF knee pop weight transfer, look left.

(17-24) Snap right, sailor step, cross, cross, hitch.

1-2 Snap right hand right, look forward.
3&4 LF cross behind RF, RF step right, LF step left.
5&6 RF cross behind LF, LF step left, RF cross over LF.
&78 LF step left, RF cross behind LF LF hitch, LF cross behind RF.

(25-32) Side rock, side rock, paddle turn full.

1&2 RF side rock, LF recover weight, RF cross behind LF.
3&4 LF side rock, RF recover weight, LF cross over RF.
5&6 RF ⅛ turn left paddle right, RF ⅛ turn left paddle right, RF ⅛ turn left paddle right.
7&8 RF ⅛ turn left paddle right, RF ⅛ turn left paddle right, RF ⅛ turn left paddle right.

(33-40) Step turn, step sweep, rock forward, hitch ¼ turn.

1-2 RF step forward, LF ½ turn left step forward.
3-4 RF step forward, LF ¼ turn right sweep forward.
5-6 LF rock forward, RF recover weight.
7-8 LF step forward, RF hitch ¼ turn left.

(41-48) Out-out, hip swing, ¾ turn.

1-2 RF step out forward, LF step out forward.
3-4 RF hip swing right, LF hip swing left.
5-6 RF ¼ turn left step right, LF ¼ turn left step left.
7-8 RF ¼ turn left step right, LF step next RF.

(49-56) Rumba box.

1-2 RF step right, LF step next RF.
3&4 RF step forward, LF step next RF, RF step forward.
5-6 LF step left, RF step next RF.
7&8 LF step back, RF step next LF, LF step back.

(57-64) Rock back, ½ turn, rock back, ¼ turn slide.

1-2 RF rock back, LF recover weight.
3-4 RF ½ turn left step back, LF step back.

5-6

RF rock back, LF recover weight.

7-8

RF $\frac{1}{4}$ turn left step right, LF step next RF.
