

Swalla

拍数: 64 墙数: 1 级数: Phrased Intermediate
编舞者: Wandy Hidayat (INA) - June 2020
音乐: Swalla (feat. Nicki Minaj & Ty Dolla \$ign) - Jason Derulo



Sequence: A-B-B-C-A-A-B-C-A-A-A

A.I. MAMBO STEP, SIDE, SIDE, CROSS SHUFFLE

1&2 Step R forward, recover on L, step R backward
3&4 Step L backward, recover on R, step L forward
5-6 Step R to side, recover on L
7&8 Cross R over L, step L to side, cross R over L

A.II. FORWARD, BEHIND, SIDE, FORWARD, BOTAFOGO, MAMBO CROSS

1-2 Step L forward, recover on R
3&4 Step L behind R, step R to side, step L forward
5&6 Cross R over L, step L to side, recover on R
7&8 Cross L over R, recover on R, step L to side

A.III. OUT-OUT WITH FLICK, HIP BUMP R, OUT-OUT WITH FLICK, HIP BUMP L

1-2 Step R to side with flick, step L to side with flick
3&4 Hip bump R-L-R
5-6 Step L to side with flick, step R to side with flick
7&8 Hip bump L-R-L

A.IV. CROSS MAMBO, PIVOT TURN, SIDE, CLOSE

1&2 Cross R over L, recover on L, step R to side
3&4 Cross L over R, recover on R, step L to side
5-6 ¼ Turn L stepping R forward, ½ turn L stepping L in place
7-8 ¼ Turn L stepping R to side, close L beside R (12.00)

B.I. WALK FORWARD WITH SHIMMY, MAMBO SIDE

1-2 Step R forward, step L forward
3-4 Step R forward, close L beside R (1-4 with shimmy)
5&6 Step R to side, recover on L, close R beside L
7&8 Step L to side, recover on R, close L beside R

B.II. PRESS FORWARD R-L, CROSS, BACK, SIDE, CROSS, BACK, SIDE

1-2 ¼ Turn L press R forward (9.00), ¼ turn R step R next to L (12.00)
3-4 ¼ Turn R press L forward (3.00), ¼ turn L step L next to R (12.00)
5&6 Cross R over L, step L back, step R to side
7&8 Cross L over R, step R back, step L to side

C.I. FORWARD, ¼ TURN L, BACK (4X)

1&2& Step R forward, ¼ turn L recover on L, step R back, recover on L
3&4& Step R forward, ¼ turn L recover on L, step R back, recover on L
5&6& Step R forward, ¼ turn L recover on L, step R back, recover on L
7&8 Step R forward, ¼ turn L recover on L, step R back

C.II. REPEAT C.I

Enjoy this dance!

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