

# Pota - Pota

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Fonna Queentarina (INA) - February 2021  
音乐: Copines - Aya Nakamura



## S 1 : Forward Mambo, Back Mambo, Mambo Side Right, Mambo Left

1 & 2      Step R Forward, Recover On L, Step R Back  
3 & 4      Step L Backward, Recover On R, Step L Forward  
5 & 6      Step R To R Side, Step Back, Step Back On L, Step R To R side  
7 & 8      Step L To L Side, Step Back, Step Back On The Next To R

## S 2 : Step Diagonal Shuffle Forward 2X, Press R Forward, Press L Forward

1 & 2      Step R Diagonal R Forward, Close L Next To R, Step R Diagonal R Forward  
3 & 4      Step L Diagonal L Forward, Close R Next To L, Step L Diagonal L Forward  
5 & 6      Press R (And body) Forward, Step R To Centre  
7 & 8      Press L (And body) Forward, Step L To Centre

## S 3 : R Hip Bumps, Behind, Side Cross, L Hip Bumps, Behind, Behind Side Cross

1 - 2      R Forward To R Side With Push R Hip To Up, Push R Hip To Up  
3 & 4      Cross R Behind L, Step L To Side, Cross R Over L  
5 - 6      L Forward To L Side With Push L Hip To Up, Push L Hip To Up  
7 & 8      Cross L Behind R, Step R To Side, Cross L Over R

## S 4 : V Step, Jazz Box ¼

1 - 2      R Forward Diagonal To R, L Forward Diagonal To L  
3 - 4      R Back To Centre L, Close Beside R  
5 - 6      Step R Cross Over L, L Back  
7 - 8      R ¼ Turn To R, L Forward

Repeat On S 4

Restart After Wall 1 & Wall 3

KEEP HEALTHY & ENJOY THE DANCE.

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