

Beers and Sunshine

拍数: 32 墙数: 4 级数: Improver
编舞者: Julie Heinrichs-Heisner (USA) - February 2021
音乐: Beers and Sunshine - Darius Rucker



[1-8] Mambo forward with the right , mambo back with the left, Mambo side R and Mambo side L

1&2 ; rock R forward lift and recover weight on L, step R back in place
3&4 ; rock L back, lift and recover weight on R, step L back in place
5&6& ; Step R side, lift and recover weight on L step back together
7&8& ; Step L side, lift and recover weight on r, step back together

[9-16] Right scissor step, diagonal mambo with the L and Kick , behind side cross, right scissor,

1&2& ; Step Right to right, Step Left together, Cross Right over Left,
3&4 ; step left diagonal rock back lift and recover, kick left foot
5&6& ; Step back L foot behind, step right to the side, step left across the right
7&8& ;, Step Right to right, Step Left together, Cross Right over Left,

[17-24] left scissor, Mambo diagonal right and kick, step RLR, sailor step L

1&2 ; Step left to left, step right together, cross left over right
3&4 ; step right diagonal rock back lift and recover, kick right
5&6 ;- step right back, shift weight to left foot in place, shift weight back to right foot in place.
7&8 ; Step L behind R, Step R to the right side, step L to the left side

[25-32] Sailor step R , while making a ¼ turn left, slide left together and step back, slide right together and step back, repeat 1 more time, slide left together then L back coaster step

1&2 ; step r behind L, step L to left side, step R to right side
&3&4&5&6& ; while making a ¼ turn left, slide together and step back, slide right together and step back,
 slide left together step back, slide right together step back, slide left together
7&8 ; Step back on L & Step R back next to L Step forward on L

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