

Bamboo

拍数: 32 墙数: 4 级数: Beginner
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音乐: Big Bamboo (Jonny News Remix) - Saragossa Band



#44 Count Intro / 21 Secs Approx - No Tags No Restarts

[01 - 08]: Side Mambo, Side Mambo, Rocking Chair

1&2 Rock right to right, recover weight onto left, step right beside left
3&4 Rock left to left, recover weight onto right, step left beside right
5-6 Rock right forward, recover weight onto left

Arms Both arms up shake hands from side to side

7-8 Rock right back, recover weight onto left

Arms Both arms down shake hands from side to side

[09 - 16]: Jazz Box ¼ Cross, Side Rock, Cross Shuffle

1-2 Cross right over left, step left back
3-4 Turn ¼ right step right to right, cross left over right (3:00)
5-6 Rock right to right, recover weight onto left

Arms Wave both arms from right to left as you rock

7&8 Cross right over left, step left beside right, cross right over left

[17 - 24]: Point Flick, Cross Shuffle, Hip Rocks

1-2 Point left to left, flick left heel back
3&4 Cross left over right, step right beside left, cross left over right
5-6 Rock right to right pushing hips right, recover weight onto left pushing hips left

Arms Wave both arms from right to left as you rock

7-8 Rock right to right pushing hips right, recover weight onto left pushing hips left

Arms Wave both arms from right to left as you rock

[25 - 32]: Step ½ Pivot, Shuffle, Rock, Coaster Cross

1-2 Step right forward, pivot ½ left transferring weight onto left (9:00)
3&4 Step right forward, step left beside right, step right forward
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right beside left, cross left over right

Have Fun!