

Marola

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Muki Matohir Royal (INA) & Simona (INA) - August 2021
音乐: Marola - Lofran



Start On Lyric

Sequence Of Dance : A - TAG - B - B - A - B - B - C - A - TAG - B - B - C

A1. MAMBO FORWARD - MAMBO BACK - ¼ TURN RIGHT - SIDE - 1/8 TURN RIGHT - SIDE DIAGONAL - 1/8 TURN RIGHT - SIDE DIAGONAL - 1/8 TURN RIGHT - SIDE

1 & 2 Step R Forward , Step L in Place , Step R Back
3 & 4 Step L Back , Step R in Place , Step L Forward
5 & ¼ Turn Right Step R to Side , Step L in Place
6 & 1/8 Turn Right Step R to Side Diagonal , Step L in Place
7 & 1/8 Turn Right Step R to Side Diagonal , Step L in Place
8 1/8 Turn Right Step R to Side

A2. SYNCOPATED WEAVE - IN PLACE - LONG STEP - CROSS - ¼ TURN LEFT - SWITCH TOUCH WITH HIP BUMP

1 & Cross L over R , Step R to Side
2 & Cross L Behind R , Step R to Side
3 & Cross L over R , Step R to Side
4 & Cross L Behind R , Step R in Place
5 - 6 Step L to Long Side , Cross R over L
7 - 8 ¼ Turn Left Touch R Forward on R Both Of Heel to Out With Hip Bump , Both Of Heel to in

A3. ANCHOR STEP - SAILOR STEP ¼ LEFT - SIDE MAMBO (R - L)

1 & 2 Step R Behind L , Recover on L , Step R in Place
3 & 4 Sweep L Back , Step R in Place , Close L Beside R
5 & 6 Step R to Side , Step L in Place , Close R Beside L
7 & 8 Step L to Side , Step R in Place , Close L Beside R

A4. WALK - CLOSE - BACK DIAGONAL (R - L)

1 - 2 Step R Forward , Step L Forward
3 - 4 Step R Forward , Touch L Beside R
5 - 6 Step R Back Diagonal , Touch L Beside R
7 - 8 Step L Back Diagonal , ¼ Turn Left Touch R Beside L

TAG : JUMP - JUMP CROSS - ½ PIVOT LEFT - TOUCH

1 - 2 Jump Opening R - L , Jump Cross R over L
3 - 4 ½ Left Step L in Place , Touch R Beside L

B1. SIDE - TOUCH - SIDE - TOUCH - CHASSE - SIDE - TOUCH - SIDE - TOUCH - CHASSE

1 & 2 & Step R to Side , Touch L Beside R , Step L to Side , Touch R Beside L
3 & 4 & Step R to Side , Step L Beside R , Step R to Side , Touch L Beside R
5 & 6 & Step L to Side , Touch R Beside L , Step R to Side , Touch L Beside R
7 & 8 Step L to Side , Step R Beside L , Step L to Side

B2. BOTA FOGO - CROSS ROCK - SIDE ROCK - CROSS BACK - UNWIND

1 & 2 Cross R over L , Ball L to Side , Step R in Place
3 & 4 Cross L over R , Ball R to Side , Step L in Place
5 - 6 Cross R over L , Side R to Side
7 - 8 Cross R Back , Unwind ½ Turn Right

C1. SHUFFLE FORWARD - SWAY FORWARD - SWAY BACK - ½ PIVOT LEFT - IN PLACE

1 & 2 Step R Forward , Step L Beside R , Step R Forward
3 & 4 Step L Forward , Step R Beside L , Step L Forward
5 - 6 Sway R Forward , Sway Back
7 - 8 Sway R Forward , ½ Turn Left Step L in Place

C2. SHUFFLE FORWARD - PADDLE TURN ¼ (2X)

1 & 2 Step R Forward , Step L Beside R , Step R Forward
3 & 4 Step L Forward , Step R Beside L , Step L Forward
5 - 6 Touch R Forward , ¼ Turn Left Step L in Place
7 - 8 Touch R Forward , ¼ Turn Left Step L in Place

ENJOY THE DANCE

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