

C'est Cuit

拍数: 32 墙数: 4 级数: Beginner
编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 30 September 2021
音乐: C'est Cuit (feat. Aya Nakamura & Swae Lee) - Major Lazer



Start : 16 Count (10 s. approximately)

Sequence : A- A-A-16-A-16-A-A

[1-8] Mambo, Coaster-Step, Triple-Step, Step Turn ½ R, Flick

1&2 RF FW, Recover to LF, RF Back
3&4 LF Back, RF next to LF, LF FW
5&6 R Triple-Step (RF FW, LF next to RF, RF FW)
7-8 LF FW, Make ½ R with L Flick behind

[9-16] Mambo, Coaster-Step, Triple-Step, Step Turn ¼ L

1&2 LF FW, Recover to RF, LF Back
3&4 RF Back, LF next to RF, RF FW
5&6 L Triple-Step (LF FW, RF next to LF, LF FW)
7-8 RF FW, Make ¼ L *Restart

[17-24] Toe-strut, Toe-strut, Jazz-Box

1-2 R Toe FW, Down your R Heel (option : Bump)
3-4 L Toe FW, Down your L Heel (option : Bump)
5-6 Cross RF over LF, LF Back
7-8 RF to the R side, Cross LF over RF

[25-32] Mambo, Mambo, Out, Out, Bounces

1&2 RF to the R side, Recover to LF, RF next to LF
3&4 LF to the L side, Recover to RF, LF next to RF
5-6 RF FW on R Diagonal, LF FW on L Diagonal
7&8& Bouncesx2 (Heels up, Heels down, Heels up, Heels down)

Smile et enjoy the dance

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