

Hold On

拍数: 56 墙数: 4 级数: High Beginner
编舞者: Mary Ulibarri (USA) - October 2024
音乐: Hold On - Santana



Mambo up Right, Cha Cha, Mambo back Left, Cha Cha

1,2 Step forward on R(1), recover back on L(2)
3&4 Cha Cha in place RLR(3&4)
5,6 Step back on L(5), recover back on R(6)
7&8 Cha Cha in place LRL(7&8)

Mambo Right Side, Cha Cha, Mambo Left Side, Cha Cha

1,2 Step to right on R(1), recover back on L(2)
3&4 Cha Cha in place RLR(3&4)
5,6 Step to Left on L(5), recover back on R(6)
7&8 Cha Cha in place LRL(7&8)

Weave Right

1-8 R-Side(1), L-behind (2), R-Side (3), L-Cross(4), R-Side (5), L-Back(Rocking wt to L)(6), R-Cross(7), Hold(8)

Weave Left

1-8 L-Side (1), R-behind (2), L-Side (3), R-Cross(4), L-Side (5), R-Back(Rocking wt to R)(6), L-Cross(7), Hold (8)

Right Forward Lock Step with Scuff, Left Forward Lock Step with Scuff

1-4 Step R Fwd(1), Lock L behind R(2), Step R Fwd(3), L Scuff(4)
5-8 Step L Fwd(5) Lock R behind L(6) Step L Fwd (7), R Scuff (8)

Jazz Box Turn 1/4 Right, Mambo Right Side

1-4 R-Cross(1), Rock Back to L(2), 1/4 turn R(3), L- Touch to R(4)
5,6 Step forward on R(5), recover back on L(6)
7&8 Cha Cha in place RLR(7&8)

Mambo Left Side, Heel Strut Right and Left

1,2 Step Left on L, recover back on R
3&4 Cha Cha in place LRL
5,6 Touch Right Heel forward, Touch Right back to Left
7,8 Touch Left Heel forward, Touch Left back to Right

No Tags or Restarts