

Mbushe

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bp. Suroto (INA) - December 2024
音乐: Mbushe - Bes Kallaku, Mariglen Hazizaj & Florjan Sacma



No tags, 1 restart (on w6 after 16C)

S1. SIDE MAMBO R,L - FORWARD MAMBO, BACK MAMBO

1&2 Step R to side, Recover on L, Step R next to L.
3&4 Step L to side, Recover on R, Step L next to R
5&6 Step R forward, Recover on L, Step R next to L.
7&8 Step L back, Recover on R, Step L next to R

S2. WEAVE SYCHOPATED R,L , TOGETHER, LIFT HEEL

1&2& Cross Rf over Lf, Step Lf to left side, Cross Rf behind Lf, Step Lf to left side
3&4 'Cross Rf over Lf, Step Lf beside Rf and lift heel then push hip back, Drop heel
5&6& Cross Lf over Rf, Step Rf to right side, Cross Lf behind Rf, Step Rf to right side
7&8 Cross Lf over Rf, Step Rf beside Lf and lift heel then push hip back, Drop heel

S3. 1/4 DIAMOND, SWAY, CROSS SHUFFLE

1&2& Cross Rf over Lf, Step Lf to left side, 1/8 turn R Step back on Rf, Hitch on Lf
3&4 Step back on Lf, 1/8 turn R Step R to right side, Step Lf forward
5-6 Step R to side while swaying hips to R - sway to L
7&8 Cross R over L, Step L to side, Cross R over L.

S4. FORWARD LOCK SHUFFLE, 1/2 PIVOT RUN

1-2 step L forward, locked R behind L
3&4 Step L Forward, Locked R Behind L (&), Step L Forward
5-6 Step R forward - Turn 1/2 Left weight on L
7&8 Run R,L,R close together