

Hey Lola Mambo

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Luluk (INA) & MamaEnd (INA) - December 2024
音乐: Hey Lola/Hey Mambo/Complete Remix/Zumba/ILTD Fam



Intro: 40 counts - no tag - No Restrat

Section 1 - V-STEP ; FORWARD SUFFLE

1 – 2 R forward diagonal to R, L forward diagonal to L
3 – 4 R back to centre, L close beside R
5 & 6 Step RF forward, step LF beside, step RF forward
7 & 8 Step LF forward, step RF beside, step LF forward

Section 2 - SIDE MAMBO ; PIVOT 1/2 ; WALK

1 & 2 Rock RF to R ; recover on LF ; Step RF beside LF
3 & 4 Rock LF to L ; recover on RF ; Step LF beside RF
5 – 6 Step RF forward, 1/2 turn L weight on LF
7 – 8 walking R, L

Section 3 - SIDE R ; CHASSE R ; SIDE L ; CHASSE L

1 – 2 Step RF to R, close LF next to RF.
3 & 4 Step RF to R, step LF beside RF, step RF to R.
5 – 6 Step LF to L, close RF next to LF.
7 & 8 Step LF to L, step RF beside LF, step LF to L.

Section 4 - JAZZ BOX turn 1/4 R ; HIP SWAY

1 - 2 - 3 – 4 Cross RF over LF, step LF back, step Rf to R, step LF forward
5 - 6 - 7 – 8 swing hip to R - L - R – L

Ending at wall 12 after count 8 (3 0'clock)

Thank You

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