

Latin Groove

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Amanda Jane Lynch (UK)
音乐: Miami - Will Smith



MAMBO FORWARD, SIDE POINTS

- 1&2 Step right toe in front of left, step back onto left, step right next to left
3&4 Step left toe in front of right, step back onto right and step left next to right (start with both hands on left hip on count 1, bring right hand shoulder height with arm bent at elbow - finger tips should be facing the floor)
5-6 Touch right toe to right side and replace next to left turning head to right side
7-8 Touch left toe to left side and replace next to right, turning head to left side

PIVOT ½ TURNS, CONTRACTIONS

- 9-10 Step forward on right turning ½ turn left
11-12 Push chest forward and back twice (hands on hips)
13-16 Repeat steps 9-12

ROCK, SHUFFLE

- 17-18 Rock onto right foot, replace weight onto left
19&20 Shuffle ¼ turn left with right foot
21-22 With left foot pivot ½ turn right
23-24 Shuffle left foot forward

TOES & HEELS TURNING, JUMP, HIP ROLL

- 25-26 Touch right toe back, touch left toe next to right turning ¼ turn right
&27&28 Touch right heel forward, touch right toe back making ¼ turn right
&29-30 Jump left and right forward, hold
31-32 Hip rolls circling left, to bring right next to left to start dance again, hands on pelvis

REPEAT
