

A Little More Action

拍数: 32 墙数: 2 级数: Intermediate
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音乐: A Little Less Conversation - Elvis vs. JXL



MAMBO ½ TURN, SHUFFLE, ¼ TURN, SIDE SHUFFLE, ½ TURN, SIDE SHUFFLE

1&2 Rock forward onto right, recover back onto left, make ½ turn right and step right forward
3&4 Shuffle forward on left, right, left
&5&6 On ball of left make ¼ turn left, step right to right, step left beside right, step right to right
&7&8 On ball of right make ½ turn left, step left to left, step right beside left, step left to left

½ TURN, ROCK, SYNCOPATED CROSS STEPS, MAMBO ¼ TURN, KNEE TWISTS WITH ¼ TURN

&9&10 On ball of left make ½ turn left, rock right to right, recover left onto left, step right across left
&11&12 Step left to left, step right across left, step left to left, step right across left
13&14 Rock forward on left, recover back onto right, make ¼ turn left and step left to left
15&16 Touch right toe slightly forward and twist right knee left, twist right knee right, twist right knee left and make ¼ turn left on ball of left

SHUFFLE, ROCK, BACK, ¼ TURN, CROSS, DIAGONAL TOE PRESS WITH HIP BUMPS, RECOVER WITH KICK

17&18 Shuffle forward on right, left, right
19-20 Rock forward on left, recover back onto right
21&22 Step left back, make ¼ turn right and step right to right, step left forward and across right
23&24 Angling body towards right diagonal press right toe diagonally forward right and bump hips right, bump hips left (bend knees during hip bumps), recover back onto left and kick right diagonally forward right (straightening knees)

Omit hip bumps for an easier option

BEHIND-SIDE-FORWARD, ½ TURN IN HEEL TWISTS, WALKS, ROCK, CROSS

25&26 Step right behind left, step left to left, step right forward
27&28 Making ½ turn left twist heels right, left, right (weight ends on right)
29-30 Walk forward on left, right
31&32 Rock left to left, recover right onto right, step left across right

REPEAT