

# Magdalena

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Phil Johnson (UK)  
音乐: Bésame Magdalena - Mestizzo



## JUMP RIGHT KICK BALL TOUCH; JUMP LEFT KICK BALL TOUCH; STEP FORWARD RIGHT ½ TURN LEFT; STEP FORWARD RIGHT ¼ TURN LEFT

- 1&2      Kick right foot out and jump slightly to the right landing on right foot; touch left next to right  
3&4      Kick left foot out and jump slightly to the left landing on left foot; touch right next to left  
5-6      Step forward right - pivot half turn left (weight on left)  
7-8      Step forward right - pivot quarter turn left (weight on left)

As you step forward and ½ and ¼ turn, sway hips right/left, right/left

## RIGHT AND LEFT HIP BUMPS; RIGHT AND LEFT SAILOR STEPS

- 1&2      Stepping forward on right bump hips right, left, right  
3&4      Stepping forward on left bump hips left, right, left  
5&6      (Right sailor step) step right foot behind left; step left foot to left side; step right foot slightly to the right  
7&8      (Left sailor step) step left foot behind right; step right foot to right side; step left foot slightly to the left

## RIGHT BEHIND ½ TURN; POINT LEFT FORWARD HALF TURN; WEAVE TO RIGHT AND LEFT HEEL JACK

- 1-2      Touch right toe behind left foot; unwind ½ turn right (taking weight onto right foot)  
3-4      Point left toe forward and on ball of right foot turn ½ turn right touching left foot next to right  
Or alternatively flick left foot back arching the back slightly backwards  
5-6      Cross step left over right; step right to right side  
7&8      Step left behind right and step back on right angling body 45 degrees to the left and put left heel forward

### Alternative for the full turn in steps 1-4

- 1&2      Right mambo ending with right foot taking weight  
2&3      Left mambo ending by touching left next to right

## AND CROSS RIGHT OVER LEFT: STEP LEFT; ROCK BACK/RECOVER: ½ MONTEREY TURN RIGHT

- &1-2      Step left foot back in place and cross right over left; step left to left side  
3-4      Rock back on the right behind left; recover weight forward on the left  
5-8      Point right toe to right side; half turn right (on ball of left foot) stepping right foot next to left, point left toe to left side; step left foot next to right taking weight

REPEAT

---