

Marimba Rhythm

拍数: 40 墙数: 4 级数: Intermediate/Advanced
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音乐: Mucho Mambo (Sway) - Shaft



CUBAN HIPS RIGHT

1-2 Step right foot to right side raising left hip, step left foot next to right raising left hip
3&4 Step right foot to right side raising left hip, step left foot next to right raising right hip, step right foot to right side raising left hip

ROCK, RECOVER, CHASSE WITH ¼ TURN LEFT

5-6 Cross rock left foot over right recover weight in place on right foot
7&8 Step left foot to left side, step right foot next to left, step left foot ¼ turn to left

KICK AND TOUCH STEPS

9&10 Kick right foot forward, step right foot next to left, touch left toe to left side
& Turn body ¼ turn to left (your body should now be in line with your left toe, facing back wall)
11&12 Kick left foot forward, step left foot next to right, touch right toe to right side

ROLL/ROCK FORWARD ROLL/ROCK BACK, RIGHT LOCK STEP

13-14 Making ¼ turn right rock weight onto right foot, rock back onto left foot
Note: optional body roll on counts 13-14
15&16 Step back on right foot, lock left foot in front of right, step back on right foot

ROCK STEPS, ¼ TURN, STEP, ¼ TURN

17-18 Rock back on left foot, rock forward onto right foot
19&20 Step left foot forward making ¼ turn right, step right foot next to left, step left foot forward making ¼ turn left

Note: for practice purposes, substitute 19&20 for a forward shuffle on left stepping left, right, left

ROCK STEPS, 1 ½ TURN BACK

21-22 Step back on right foot making ½ turn over right shoulder, step forward on left foot and with weight on ball of foot spin 1 full turn over right shoulder.

SHUFFLE, FORWARD COASTER

25&26 Shuffle forward on right foot stepping right, left, right
27&28 Step forward on left foot, step right foot next to left, step back on left foot

CROSS, UNWIND, SHUFFLE

29-30 Cross right foot over left, unwind ½ turn over left shoulder (weight ends on right foot)
31&32 Shuffle forward on left foot stepping left, right, left

DIAGONAL SHUFFLES BACK RIGHT/LEFT

33&34 Step back diagonally right on right foot bumping hips right, step left foot next to right bumping hips left, step back diagonally right on right foot bumping hips right
35&36 Repeat steps 33&34 moving diagonally back on left foot

TOE TOUCHES, LEFT LOCK STEP

37&38 Touch right toe out to right side, step right foot next to left, touch left toe out to left side
39&40 Step forward on left foot, lock step right foot behind left, step forward on left foot

REPEAT

