

Newcomer Cha

拍数: 32 墙数: 2 级数: Beginner
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音乐: She Can - Neal McCoy



SIDE, TOGETHER, SIDE, TOGETHER, SIDE, BACK ROCK, TRIPLE FORWARD

1 Left foot step to left side
2 Right foot step together
3 Left foot step to left side
4 Right foot step together
5 Left foot step to left side
6 Right foot rock back
7 Left foot recover
8 Right foot step forward
&
1 Left foot lock behind right foot
 Right foot step forward

WALK, WALK, TRIPLE FORWARD, WALK, WALK, MAMBO STEP

2 Left foot step forward
3 Right foot step forward
4 Left foot step forward
&
5 Right foot lock behind left foot
6 Left foot step forward
7 Right foot step forward
8 Left foot step forward
&
1 Right foot rock forward
 Left foot recover
 Right foot step next to left foot

MAMBO STEP, MAMBO STEP, STEP, HALF-TURN, TRIPLE FORWARD

2 Left foot rock back
&
3 Right foot recover
4 Left foot step next to right foot
5 Right foot rock forward
&
6 Left foot recover
7 Right foot step next to left foot
8 Left foot step forward
&
1 Right foot pivot ½ turn to right
 Left foot step forward
 Right foot lock behind left foot
 Left foot step forward

HIP BUMPS, SIDE-TOGETHER-SIDE, CROSS ROCK, SIDE-TOGETHER-SIDE

2 Right foot step to right side and bump hip to right
3 Left foot recover weight and bump hip to left
4 Right foot step to right side
&
5 Left foot step next to right foot
6 Right foot step to right side
7 Left foot rock in front of right foot
8 Right foot recover
 Left foot step to left side

& Right foot step next to left foot

REPEAT
