

Olé Ola

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA)
音乐: Olé - Azúcar Moreno



MAMBO FORWARD, MAMBO BACK; SYNCOPATED SIDE ROCK STEP, BACK & CROSS & CROSS

1&2 Step right forward, rock back onto left, step right beside left
3&4 Step left back, rock forward onto right, step left beside right
5&6 Step right to right, rock left onto left, step right behind left
& Step left slightly to left
7&8 Step right across left, step left slightly to left, step right across left

ROCK STEP & TOUCH WITH ¼ TURN, FORWARD SHUFFLE

9&10 Step left to left, rock right onto right, turn ¼ turn left & touch left forward
11&12 Shuffle forward left, right, left

ROCK STEP ¼ TURN, ¼ TURN TOUCH, ½ TURN STEP

13&14 Step right forward, rock back onto left, turn ¼ turn right stepping right to right
&15 Hitch left knee inward while turning ¼ turn right on ball of right, touch left to left side
&16 Hitch left knee inward while turning ½ turn right on ball of right, step left back

COASTER STEP, SKATE STEPS; DIAGONAL SHUFFLE, DIAGONAL SHUFFLE

17&18 Step right back, step left beside right, step right forward
19 Push left forward & diagonally to left while stepping on left
20 Push right forward & diagonally to right while stepping on right
21&22 Shuffle left, right, left diagonally forward to left
23&24 Shuffle right, left, right diagonally forward to right

MAMBO FORWARD WITH ¼ TURN, ¼ TURN & TOUCH, ½ TURN & TOUCH

25&26 Step left forward, rock back onto right, turn ¼ turn left stepping left to left
&27 Hitch right knee inward while turning ¼ turn left on ball of left, touch right to right side
&28 Hitch right knee inward while turning ½ turn left on ball of left, touch right to right side

KICK & SIDE & SIDE TOGETHER SIDE

29& Kick right forward, step right beside left
30& Touch left to left, step left beside right
31&32 Touch right to right, touch right beside left, touch right to right

REPEAT