

1 Round

拍数: 32 墙数: 4 级数: Beginner
编舞者: Karen Hedges (USA)
音乐: How'd I Wind Up In Jamaica - Tracy Byrd



MAMBO ROCK, SHUFFLE, HITCH, POINT, HOLD, TOE SWITCHES

1& Rock forward right recover left
2 Step right next to left
3& Step forward left bring right to meet left
4 Step forward left
& Hitch right
5-6 Point right side right, hold
&7&8 Bring right center point left side left, bring left center point right side right

SAILOR STEP, STEP, CROSS SHUFFLE, ¼ TURN, KICK CROSS STEP

1 Step right behind left
&2 Step left side left, step right
3 Cross left over right
&4 Bring right to meet left cross left over right
5-6 Step side right, making ¼ turn left kick left forward
7& Cross left over right step side right
8 Step side left

SAILOR SHUFFLE, TURNING SAILOR SHUFFLE, CROSS HOLD, CROSS HOLD

1 Step right behind left
&2 Step side left step right
3 Step left behind right
&4 ¼ turn left, step side right step left
&5 Step ball of right behind left, cross left over right
6 Hold
&7 Step ball of right behind left, cross left over right
8 Hold

MAMBO ROCK, MAMBO ROCK, ½ TURN ¼ TURN

1& Side rock right recover left
2 Bring right to meet left
3& Side rock left recover right
4 Bring left to meet right
5-6 Step forward right, ½ turn left shifting weight to left
7-8 Step forward right, ¼ turn left shifting weight to left

REPEAT
