

Siamsa

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Siamsa - Ronan Hardiman



SIDE, HOLD, EXTENDED CHASSE RIGHT, RIGHT SIDE ROCK, EXTENDED CHASSE LEFT

1-2 Step right to right side, hold
&3&4 Step left beside right, step right to right side, step left beside right, step right to right side
&5-6 Step left beside right, rock to right on right, rock left to left on left
&7&8 Step right beside left, step left to left side, step right beside left, step left to left side

RIGHT & LEFT SAILOR STEPS, RIGHT BACK COASTER STEP, LEFT FORWARD COASTER STEP

9&10 Step right behind left, step left in place, step right in place
11&12 Step left behind right, step right in place, step left in place
13&14 Step right back, step left beside right, step right forward (coaster step)
15&16 Step left forward, step right beside left, step left back (coaster step)

BEHIND, UNWIND ½ TURN RIGHT, HEEL JACK, ¼ TURN SHUFFLE FORWARD, SHUFFLE BACK

17-18 Touch right toe behind left, unwind ½ turn right (keeping weight on left foot)
&19&20 Step right back, put left heel out to left diagonal, bring left foot back to place, touch right toe beside left foot
21&22 While turning ¼ turn right on ball of left foot step right forward close left beside right, step right foot forward keeping weight on right foot
23&24 Step left foot back, close right beside left, step left back

BEHIND UNWIND ½ TURN RIGHT, COASTER STEP, BEHIND UNWIND ½ TURN LEFT, CROSS TURN ½ TURN LEFT

25-26 Step right toe behind left, unwind ½ turn right (keeping weight on left foot)
27&28 Step right back, step left beside right, step right forward
29-30 Step left toe behind right, unwind ½ turn left (keeping weight on right foot and exchanging to left when finished turn)
31-32 Cross right over left, unwind ½ turn left (keeping weight on left foot and exchanging to right when finished turn)

CROSS TURN, CROSS TURN, CROSS TURN, CROSS TURN

33-34 Cross left over right, unwind ½ turn right (keeping weight on right foot and exchanging it to left when finished turn)
35-36 Cross right over left, unwind ½ turn left (keeping weight on left foot and exchanging it to right when finished turn)
37-38 Repeat steps 33-34
39-40 Repeat steps 35-36

MAMBO FORWARD, MAMBO BACK, MAMBO SIDE, MAMBO SIDE

41&42 Rock forward on left, back on right, step left in place
43&44 Rock back on right, forward on left, step right in place
45&46 Rock left to left side, right to right side, step left in place
47&48 Rock right to right side, left to left side, step right in place

KICK SIDE TOUCH, KICK ½ TOE TOUCH, CROSS STEP, CROSS TOUCH

49&50 Kick left forward, bring it back to place, and touch right foot to right side
51&52 Kick right foot forward, bring it back while turning ½ turn left, touch left toe forward
53-54 Cross step left over right, step right to right side

55-56 Cross step left over right, touch right toe to right side (steps 53 to 56 can be done with Cuban hip movements)

ROCK ½ TURN RIGHT, LEFT SHUFFLE, HEEL SWITCHES TURNING FULL TURN RIGHT

57&58 Rock forward on right, back on left while turning ½ turn right, step right forward

59&60 Step left forward, close right behind left, step left forward

61&62& Right heel forward, bring it back, left heel forward, bring it back

63&64& Right heel forward, bring it back, left heel forward, bring it back (you should have done a full turn right on these last four counts)

REPEAT
