

Sinfull

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES)
音乐: Like It or Not - Madonna



SYNCOPATED COASTER STEP, MAMBO ½ TURN, ¼ TURN TOUCH TWICE

1-2 Step back left, hold
&3-4 Step right next to left. Step forward left, step forward right
5&6 Rock forward left, recover onto right, make ½ turn left onto left
7-8 Make ¼ turn left touching right to right side, twice

SYNCOPATED BOX STEP, TOUCH PRESS, SAILOR STEP

1-2 Cross right over left, hold
&3-4 Step back left, step right to right side, cross left over right
&5-6 Touch right next to left, press right ball diagonally forward right, recover to left
7&8 Step right behind left, step left next to right, step right to right side

SYNCOPATED KICKS & KNEES, CROSS FULL UNWIND, SIDE STEP

1&2 Kick left diagonally right, step left to left side, touch right next to left (bend knee)
&3 Step right to right side, touch left next to right, left knee bent
&4& Step left to left side, kick right diagonally left, step right to right side
5-6 Cross left over right, full turn unwind right (weight on right)
7-8 Step left to left side, hold

LEFT WEAVE, ¾ TURN LEFT, MAMBO FULL TURN LEFT

1&2 Step right behind left, step left to side, step right in front of left
3&4 Rock left to left. Recover to right cross left over right
5-6 Make ¼ turn left stepping back onto right, make ½ turn left, step forward left
7&8 Step forward right, make ½ turn left (weight on left) make ½ turn left stepping back right

REPEAT
