

Stand

拍数: 32 墙数: 4 级数: Improver social cha
编舞者: Nicholette Charlton (USA)
音乐: Stand - Rascal Flatts



WALK-WALK, TRIPLE ½ TURN, ROCK & CROSS, ROCK & CROSS

1-2 Walk forward right - left
3&4 Triple step ½ turn - turning left
5&6 Rock out left and step left over right
7&8 Rock out right and step right over left

POINT FRONT, SIDE - ¼ TURN SAILOR STEP - STEP ½ TURN - FORWARD SHUFFLE

1&2 Point left foot forward & to left side
3&4 Sailor shuffle turning ¼ left
5-6 Step forward right ½ turn left
7&8 Shuffle forward right, left, right

MAMBO STEPS & POINT & ROLLED TURNS

1&2 Mambo forward with left foot
3&4 Mambo back with right foot
5-6 Point left foot to left side roll right shoulder down and make ¼ turn left
7-8 Repeat 5-6

SYNCOPATED MAMBO STEPS - FULL TURN - SHUFFLE FORWARD

1&2& Mambo right foot back, front, back, front
3&4 Mambo right foot back, front, back
5-6 Full turn right stepping left, right
7&8 Shuffle forward left, right, left

REPEAT
