

编舞者: B Nice

音乐: Careless Whisper - George Michael



### BASIC NIGHTCLUB TWICE, WALK TWICE, LEFT MAMBO FORWARD

1-2& Long step to left, rock back on right foot, recover weight on left foot3-4& Long step to right, rock back on left foot, recover weight on right foot

5-6 Step forward on left, step forward on right

7&8 Rock forward on left, recover on right, step back on left

# RIGHT BACK LOCK BACK, SWAY WITH 1/4 TURN LEFT, SIDE SHUFFLE (FULL TURN), RIGHT COASTER STEP

1&2 Step back on right, lock left in front of right, step back on right

3-4 Sway to and make a ¼ turn to left, sway right

5&6 Left side shuffle Option: full turn, turning left: ¼, ½, ¼

7&8 Step back on right, step left beside, step forward on right

### LEFT SHUFFLE FORWARD, STEP TURN 1/4 CROSS, SWAY TWICE, LEFT SAILOR STEP

1&2 Left shuffle forward

3&4 Step forward on right, turn ¼ left put weight on left, step right cross left

5-6 Sway left, sway right

7&8 Cross left foot behind step right to right, step left to left

## RIGHT MAMBO FORWARD, LEFT BACK LOCK BACK, RIGHT COASTER STEP, SWAY TWICE

1&2 Rock forward on right, recover on left, step back on right
3&4 Step back on left, lock right in front of left, step back on left
5&6 Step back on right, step left beside, step forward on right

7-8 Sway left, sway right

#### **REPEAT**