

Jamás

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Jaana Myllymaki
音乐: Jamás - Ricky Martin



MAMBO FORWARD, LOCK SHUFFLE BACK, MAMBO BACK, LOCK SHUFFLE FORWARD

1&2 Rock right foot forward, recover weight onto left foot, step right foot slightly back
3&4 Step left foot back, step right foot cross over left foot, step left foot back
5&6 Rock right foot back, recover weight onto left foot, step right foot slightly forward
7&8 Step left foot forward, step right foot cross behind left foot, step left foot forward

RIGHT SIDE SHUFFLE TURNING ¼ RIGHT, ½ SYNCOPATED STEP TURN RIGHT, MAMBO AND TOUCH & STEP (FORWARD AND BACK)

9&10 Step right foot to right side, step left foot together, turn ¼ and step right foot forward
11&12 Step left foot forward, turn ½ right stepping on right, step left foot forward
13&14& Rock forward on right, recover weight on left foot, touch right toes next to left, step right in place
15&16& Rock back on left, recover weight on right foot, touch left toes next to right, step left in place
17-32 Repeat 1-16

WALK (RIGHT, LEFT), ROCK FORWARD & TURN ½ RIGHT, 1¼ TURN RIGHT, HIP BUMPS (RIGHT, LEFT)

33-34 Walk forward (right, left)
35&36 Rock right foot forward, recover weight onto left, turn ½ right stepping right forward
37&38 Turn ½ right stepping left back, turn ½ right stepping right forward, turn ¼ right stepping right to right
39-40 Bump hip right, left

RIGHT SIDE CHASSE, MAMBO CROSS, WEAVE

41&42&43& Step right foot to right side, step left foot together (3 x)
44 Step right foot to right side
45&46 Rock left cross over right foot, recover weight onto right foot, step left foot to left side
47&48 Step right foot cross over left foot, step left foot to left side, step right foot behind left foot

RONDE, KICK BALL CROSS, MAMBO AND TOUCH & STEP (RIGHT, LEFT)

49-50 Ronde left foot front to back
51&52 Kick right foot forward, step right foot next to left foot, step left foot cross over right foot
53&54& Rock right on right, recover weight onto left foot, touch right toes next to left, step right in place
55&56& Rock left on left, recover weight on right foot, touch left toes next to right, step left in place

REPEAT