

# 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