

Exite

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Melissa Lowe (UK)
音乐: Sexual (La Da Di) - Amber



LEFT CROSS HEEL JACKS RIGHT CROSS HEEL JACK. BODY ROLL. FULL TURN

1&2 Step left diagonally back, touch right heel to right side, step right to center, cross step left over right
3&4 Step right diagonally back, touch left heel to left side, step left to left center, cross step right over left
5&6 Swing body forward bending knees
7&8 Cross left over right and unwind

LEFT SAILOR STEP, RIGHT SAILOR STEP

1&2 Step left behind right step to right side. Bring left in place
3&4 Step right behind left step to left side bring right place. Step turn, turn, turn
5-6-7&8 Step forward left ½ turn over right shoulder turn right and turn left

MAMBO LEFT, MAMBO RIGHT, MAMBO FORWARD, MAMBO BACK

1&2 Left recover together
3&4 Right recover together
5&6 Rock on left recover together
7&8 Rock back on right recover together

SKATE FORWARD X 4, WEAVE LEFT WITH A HEEL JACK

1-2-3-4 Slide forward right, left, right left
5-6-7&8 Cross right over left step left to left side step right behind and point right heel forward

REPEAT
