

Country Lambada

拍数: 40 墙数: 4 级数: Beginner
编舞者: Roz Morgan (USA)
音乐: Lambada - Chico DeOliveira



DOUBLE SIDE TOGETHER SIDE

- 1 Step right foot to right side
- 2 Step left foot beside right
- 3 Step right foot to right side
- 4 Step left foot beside right
- 5 Step right foot to right side
- 6 Step left foot beside right
- 7 Step right foot to right side
- 8 Step left foot beside right

DOUBLE SIDE TOGETHER SIDE

- 1 Step left foot to left side
- 2 Step right foot beside left
- 3 Step left foot to left side
- 4 Step right foot beside left
- 5 Step left foot to left side
- 6 Step right foot beside left
- 7 Step left foot to left side
- 8 Step right foot beside left

ROCK STEPS

- 1 Keeping left foot in place, lean body forward, step forward on right foot
- 2 Rock back onto left foot
- 3 Keeping left foot in place, lean body back, step forward on right foot
- 4 Rock forward onto left foot
- 5 Keeping left foot in place, lean body forward, step forward on right foot
- 6 Rock back onto left foot
- 7 Keeping left foot in place, lean body back, step forward on right foot
- 8 Rock forward onto left foot

½ PIVOTS, SHUFFLES (IN PLACE)

- 1 Step forward on right foot
- 2 On ball of right foot pivot ½ turn to left (6:00), shifting weight to left foot
- 3&4 In place, shuffle right, left, right
- 5 Step forward on left foot
- 6 On ball of left foot, pivot ½ turn right (12:00), shifting weight to right foot
- 7&8 In place, shuffle left, right, left

¼ PIVOT, SHUFFLE (IN PLACE), SIDE ROCK, SHUFFLE (IN PLACE)

- 1 Step forward on right foot
- 2 On ball of right foot pivot ¼ turn left (9:00), shifting weight to left foot
- 3&4 In place, shuffle right, left, right
- 5 Keeping right foot in place, lunge slightly left to left side
- 6 Rock back onto right foot
- 7&8 In place, shuffle left, right, left

REPEAT
