

Coco Jambo

拍数: 40 墙数: 4 级数: Beginner
编舞者: Nancy Morgan (USA)
音乐: Coco Jambo - Mr. President



STEP SIDE AND CROSS, STEP SIDE AND CROSS, REPEAT

1&2 Step right to right side, step left in place, cross/step right foot in front of left
3&4 Step left to left side, step right in place, cross/step left foot in front of right
5&6 Step right to right side, step left in place, cross/step right foot in front of left
7&8 Step left to left side, step right in place, cross/step left foot in front of right

HEEL AND HEEL AND TOUCH AND TOUCH AND TOUCH AND ¼ TURN, DROP AND DOWN AND UP

1&2 Put right heel forward, put right next to left, put left heel forward
&3&4 Put left next to right, put right toe out to right side, put right next to left, put left toe out to left side
&5-6 Put left next to right, put right toe out to right side, turn ¼ turn to right keeping weight on left
7-8 (Bending your knees slightly) drop down into a slightly sitting position and stand back up (weight is on left)

HEEL AND HEEL AND TOUCH AND TOUCH AND TOUCH AND ¼ TURN, DROP AND DOWN AND UP

1&2 Put right heel forward, put right next to left, put left heel forward
&3&4 Put left next to right, put right toe out to right side, put right next to left, put left toe out to left side
&5-6 Put left next to right, put right toe out to right side, turn ¼ turn to right keeping weight on left
7-8 (Bending your knees slightly) drop down into a slightly sitting position and stand back up (weight is on left)

STEP LOCK STEP, STEP LOCK STEP, ½ TURN, SHUFFLE FORWARD

1&2 Step right foot forward, slide left behind right, step right foot forward
3&4 Step left foot forward, slide right behind left, step left foot forward
5-6 Step right foot forward, turn ½ turn to left
7&8 Shuffle forward - right, left, right

STEP, ¼ TURN, STEP, ¼ TURN, SHUFFLE FORWARD, STEP RIGHT ¼ TURN LEFT, STEP LEFT

1-2 Step left foot forward, turn ¼ turn to your right
3-4 Step left foot forward, turn ¼ turn to your right
5&6 Shuffle forward - left, right, left
7-8 Step forward on right as you turn a ¼ turn to your left, step left next to right (weight is on left)

REPEAT