

Chaking

拍数: 64 墙数: 4 级数: Improver
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音乐: Carnaval - Mendez



MAMBO X4

1&2 Rock right to right, recover weight to left, step right beside left
3&4 Rock left to left, recover weight to right, step left beside right
5&6 Rock right forward, recover weight to left, step right beside left
7&8 Rock left back, recover weight to right, step left beside right

STEP, TURN ½ LEFT, SHUFFLE, ROCK, SHUFFLE ½ LEFT

1-2 Step right forward, turn ½ left
3&4 Step right forward, step left next to right, step right forward
5-6 Rock left forward, recover weight to right
7&8 Making ½ left, shuffle on right, left, right

JUMP, JUMP, CLAP, CLAP, TURN ½ LEFT, ROCK, SHUFFLE

1-2 Jump feet apart, jump back to center with your legs in cross(right over left)
3&4 Clap hands twice, on ball of both feet turn ½ left
5-6 Rock right forward, recover weight to left
7&8 Step right back, step left next to right, step right back

SWEEP TWICE, SHUFFLE, ROCK & CROSS TWICE

1 Sweep left out from front to back, step left behind right
2 Sweep right out from front to back, step right behind left heel
3&4 Step left forward, step right next to left, step left forward
5&6 Rock right to right, recover weight to left, cross right over left
7&8 Rock left to left, recover weight to right, cross left over right

CHASSE, ROCK, COASTER STEP, SHUFFLE

1&2 Step right to right, step left next to right, step right to right
3-4 Rock left back, recover weight to right
5&6 Step left forward, step right next to left, step left back
7&8 Step right back, step left next to right, step right back

TURN ¼ LEFT, STEP, CLAP, TOUCH, SHUFFLE, ROCK, SLIDE TWICE

1-2 Turn ¼ left as you step left forward, touch right next to left and clap
3&4 Step right forward, step left next to right, step right forward
5-6 Rock left forward, recover weight to right
7-8 Slide left back, slide right back

COASTER STEP, WALK TWICE, OUT, OUT, IN, OUT, OUT, IN

1&2 Step left back, step right next to left, step left forward
3-4 Step right forward, step left forward
5&6 Step right to side, step left to side, step right to center
7&8 Step left to side, step right to side, step left to center

ROCK, SHUFFLE ½ RIGHT, TURN ½ RIGHT, SHUFFLE, ROCK

1-2 Rock right forward, recover weight to left
3&4 Making ½ turn to right, shuffle on right, left, right

5&6
7-8

Making ½ turn to right, shuffle back on left, right, left
Rock right back, recover weight to left

REPEAT
