

Amambanda!

拍数: 64 墙数: 4 级数: Improver
编舞者: Elke Weinberger (NL) & Illona Kloeckner (NL)
音乐: Amambanda - Treble



Start dance after 32 counts (on second vocals) at time track 00:19

HEEL, CROSS HEEL STAND, BACK, SIDE, HEEL, CROSS HEEL STAND, BACK, HEEL, "SIT", HIP SWING, RECOVER

- 1& Touch right heel forward towards right diagonal, cross tap right heel over left with weight standing on it
2& Step left back, step right to right
3& Touch left heel forward towards left diagonal, cross tap left heel over right with weight standing on it
4& Step right back, touch left heel towards left diagonal
5 With left heel tapped diagonally, "sit" on right
6-7 Swing hips forward and up onto left, swing hips back and down onto right
8 Recover to upright position (weight remains on right)

On counts 5-8, place hands on thighs for better styling

COASTER STEP, ½ LEFT TURN, COASTER STEP, FORWARD MAMBO, BACK MAMBO TOUCH

- 9&10 Step left back, step right beside left, step left forward
11&12 Execute ½ turn left and then step right back, step left beside right, step right forward
13&14 Rock left forward, recover weight onto right, step left beside right
15&16 Rock right back, recover weight onto left, touch right toes beside left

SAMBA WHISK INTO TRAVELING VOLTAS, SIDE, ½ LEFT TURN, SIDE ROCK, RECOVER, SAILOR STEP

- 17&18 Slide right to right (taking a long step), rock left behind right, recover weight onto right
&19&20 Step left to left, cross right over left, step left to left, cross right over right
21&22 Step left to left, execute ½ turn left and then rock right to right, recover weight onto left
23&24 Cross right behind left, step left to left, step right to right

½ LEFT TURN, SAMBA WHISK INTO TRAVELING VOLTAS, SIDE, ½ RIGHT TURN, SIDE ROCK, RECOVER, SAILOR-TOUCH

- 25&26 Execute ½ turn left and then slide left to left (taking a long step), rock right behind left, recover weight onto left
&27&28 Step right to right, cross left over right, step right to right, cross left over right
29&30 Step right to right, execute ½ turn right and then rock left to left, recover weight onto right
31&32 Cross left behind right, step right to right, touch left toes beside right

¾ RIGHT TURN, MODIFIED TWINKLE PATTERN, HIP THRUSTS, CROSS SHUFFLE

- 33&34 Step left back, execute ½ turn right and then step right forward, execute another ¼ turn right and then slide left to left (taking a long step)
35&36 Cross right over left, rock weight onto ball of left to left, recover weight onto right
&37 Rock weight onto ball of left again as you thrust hips up, recover weight onto right
&38 Rock weight onto ball of left again as you thrust hips up, recover weight onto right
39&40 Cross left over right, step right to right, cross left over right

½ RIGHT TURN, CROSS SHUFFLE, ¼ LEFT TURNING BOXES, FORWARD LOCK STEPS

- 41&42 Execute ½ turn right and then cross right over left, step left to left, cross right over left
43&44 Execute ¼ turn left and then step left forward, step right to right, step left beside right

45&46 Execute ¼ turn left and then step right back, step left to left, step right beside left
47&48 Step left forward, lock step right behind left, step left forward

SYNCOPATED WEAVE, SIDE SHUFFLE, ½ RIGHT TURN, FORWARD DOROTHY STEPS

49&50& Cross right over left, step left to left, cross right behind left, step left to left
51&52 Cross right over left, step left to left, cross right behind left
53&54 Step left to left, step right beside left, step left to left
55-56& Execute ½ turn right and then slide right forward (taking a long step), lock step left behind right, step right forward

FULL RIGHT PIVOT TURN, COASTER STEP, PIVOT ½ LEFT TURN, LOCK STEP FORWARD, FORWARD SKATES

57&58 Step left forward, pivot ½ turn right (weight ends on right), execute another ½ turn right and then step left back
59&60 Step right back, step left beside right, step right forward
61&62 Pivot ½ turn left (weight ends on left), lock step right behind left, step left forward
63-64 Skate forward on right, left

REPEAT

RESTART

On the 3rd rotation, dance till the 16th count and start dancing 4th rotation from count 1 facing 12:00
