

# Alabao

拍数: 32      墙数: 4      级数: Improver  
编舞者: Tracy Simnett (UK)  
音乐: Alabao - Enrique Iglesias



## HEEL TWISTS LEFT, RIGHT, LEFT, FLICK HOOK, SHUFFLE RIGHT

1&2      Twist heels left, right, left  
&3      Flick hook right foot to left knee, turning slightly diagonal right, step forward right  
&4      Step left behind right, step right slightly forward (straightening up)

## HEEL TWISTS RIGHT, LEFT, RIGHT, FLICK HOOK, SHUFFLE LEFT

5&6      Twist heels right, left, right  
&7      Flick hook left foot to right knee, turning slightly diagonal left, step forward left  
&8      Step right behind left, step right slightly forward (straightening up)

## SKATE RIGHT, LEFT, SHUFFLE RIGHT, SKATE LEFT, RIGHT, SHUFFLE QUARTER TURN LEFT

9-10      Skate right to right, skate left to left (moving slightly forward)  
11&12      Step right to right side, step left behind, step right forward  
13-14      Skate left to left, skate right to right (moving slightly forward)  
15&16      Step left quarter turn left, step right behind, step left forward

## MAMBO ROCK FORWARD, MAMBO ROCK BACK, ROCK-QUARTER TURN LEFT, CROSS, GRAPEVINE & POINT

17&18      Rock right forward, rock back onto left, rock, step right next to left  
19&20      Rock left back, rock forward right, step left next to right  
21&22      Rock forward on right quarter turn left, rock back onto left, cross right over left  
23&24      Step left to left side, cross right behind left, point left toe out to left side

## CROSS UNWIND FULL TURN, SIDE ROCK, WEAVE, POINT FLICK & QUARTER TURN, STOMP

25-26      Cross right over left, unwind full turn  
27&28      Rock left out to left side, rock onto right, step left to right  
29&      Step right out to right side, step left behind right  
30&      Step right out to right side, cross left in front of right  
31&      Point right out to right side, flick right foot back pivoting quarter turn to the right on ball of left foot  
32      Stomp right next to left

## REPEAT