

Alfie

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandra Johns (UK)
音乐: Alfie - Lily Allen



RIGHT FORWARD MAMBO, LEFT BACK MAMBO, ROCK STEP, FULL TURN RIGHT

1&2 Rock forward on right, recover onto left, step right beside left
3&4 Rock back on left, recover onto right, step left beside right
5-6 Rock forward on right, rock back onto left
7&8 Triple full turn over right shoulder stepping right, left, right (12:00)

CROSS STEP, HEEL JACK, SAILOR ¼ RIGHT

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, touch left heel diagonally forward left
&5&6 Step onto left, cross right over left, step left to left side
7&8 Sailor ¼ right (3:00)

TOUCH LEFT FORWARD, HIP BUMPS, ½ TURN LEFT, HIP BUMPS, TRIPLE ½ TURN, STEP ½ TURN

1&2 Touch left toe forward bumping hips left, right, left, taking weight onto left (3:00)
3&4 Make ½ turn over left shoulder touching left toe back bumping hips back right, left, right, taking weight onto right (9:00)
5&6 Triple ½/ turn left stepping left, right, left (3:00)
7-8 Step forward on right, pivot ½ turn left (9:00)

RIGHT STEP LOCK STEP LOCK STEP, REPEAT WITH LEFT

1-2 Step diagonally forward right, lock step left behind right
3&4 Step diagonally forward right, lock left behind right, step diagonally forward right
5-6 Step diagonally forward left, lock left behind right
7&8 Step diagonally forward left, lock step right behind left, step diagonally forward left

REPEAT

Dance ends on front wall on count 16, sailor ¼ right
