

African Stroll

拍数: 32 墙数: 4 级数: Beginner social cha
编舞者: David Feltell (UK)
音乐: Mamma Africa - Two In One



STEP RIGHT, TOGETHER, RIGHT MAMBO, STEP LEFT, TOGETHER, LEFT MAMBO

- 1-2 Step right to right side, step left next to right
- 3&4 Rock out to right, recover on left, step right, next to left, (mambo)
- 5-6 Step left to left side, step right next to left
- 7&8 Rock out to left, recover on right, step left next to right (mambo)

STEP FORWARD RIGHT, TOGETHER, RIGHT SHUFFLE, STEP FORWARD LEFT, TOGETHER, LEFT SHUFFLE

Steps 1-4 to be danced on the right diagonal

- 1-2 Step forward right, close left next to right
- 3&4 Step forward right, close left to right, step forward right, (shuffle)

Steps 5-8 to be danced on the left diagonal

- 5-6 Step forward left, close right to left
- 7&8 Step forward left, close right to left, step forward left, (shuffle)

WALK BACK RIGHT, LEFT, SHUFFLE ½ TURN, WALK FORWARD LEFT, RIGHT, SHUFFLE ½ TURN

- 1-2 Walk back right, walk back left
- 3&4 Turn ½ turn over right shoulder on right, left, right, (shuffle turn) (6:00)
- 5-6 Walk forward left, walk forward right, (starting to turn towards right)
- 7&8 Turn ½ turn to right on left, right, left, (shuffle ½ turn)(12:00)

Alternative steps for non turners:

WALK BACK RIGHT, LEFT, TRIPLE STEP, WALK BACK LEFT, RIGHT, TRIPLE STEP

- 1-2 Walk back right, walk back left
- 3&4 Triple step in place right, left, right
- 5-6 Walk back on left, walk back on right
- 7&8 Triple step in place left, right, left

RIGHT ROCK BACK, RECOVER, ROCK & CROSS, LEFT POINT, TOUCH, SAILOR ¼ TURN LEFT

- 1-2 Rock back on right, recover onto left
- 3&4 Rock right out to right, recover onto left, cross right in front of left
- 5-6 Point left to left, touch left next to right
- 7&8 Sweep left out and round to left (¼ turn) stepping left, right, left, (sailor)

REPEAT

About three-quarters through Mamma Africa the music slows down for a few beats. Dance through this at normal dance speed to come back onto beat again