

Eleven 01

拍数: 32 墙数: 4 级数: Beginner
编舞者: Joanne Brady (USA), Forty Arroyo (USA), Paula Frohn-Butterly (USA), Brucie Mcleod (USA) & Judy McDonald (CAN)
音乐: Volcano - Jimmy Buffett : (CD: All The Great Hits / CD: Best Of Toe The Line)



Or Music: How'd I Wind Up In Jamaica by Tracy Byrd [141 bpm / CD: Truth About Men]
 Something Like That by Tim McGraw [86 bpm / CD: Place In The Sun]
 Heaven by Los Lonely Boys [97 bpm / CD: Los Lonely Boys]
 Just Cause We Can by Julie Roberts [93 bpm / CD: Julie Roberts]

RIGHT MAMBO FORWARD, HOLD

1-4 Step right forward, step left in place, step right beside left, hold

LEFT MAMBO BACK, HOLD

5-8 Step left back, step right in place, step left beside right, hold

RIGHT TRIPLE FORWARD, HOLD

1-4 Step right forward, step left beside right, step right forward, hold

LEFT STEP FORWARD, PIVOT ½ TURN RIGHT STEP, LEFT STEP TOGETHER, HOLD

5-8 Step left forward, make ½ turn right and step, step left beside right, hold

RIGHT PADDLE TURNS MAKING ¾ TURN

1-2 Push right foot to floor rotating around to left, take weight on left

3-8 Repeat for next six counts

Make a ¾ turn to the left doing these eight counts. Circle your hips to the left for added style!

RIGHT SIDE MAMBO, LEFT KICK

1-4 Step right to side, step left in place, step right beside left, kick left forward

LEFT MAMBO BACK, HOLD

5-8 Step left back, step right in place, step left beside right, hold

REPEAT