

Lagos

拍数: 32 墙数: 2 级数: High Beginner
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音乐: Lagos - SpareNoMore



Intro: 32 counts

SECTION 1: WIZARD STEP, MAMBO ROCK FW, MAMBO ROCK BW, STEP - STEP

1-2& Step diag. left with long step, step right behind left, small step fw on left
3&4 Rock fw on right, step down on left. Step down on right
5&6 Rock bw on left, step down on right. Step down on left.
7-8 Step down on right. Step down on left.

SECTION 2: HITCH RIGHT FOOT & BOUNCE LEFT HEEL X 2, SIDE – BACK – SIDE. HITCH LEFT FOOT & BOUNCE RIGHT HEEL X 2, COASTER STEP

1-2 Lift right foot, bounce on left heel twice.
3&4 Step down on right, left behind right, step down on right.
5-6 Lift left foot, bounce on right heel twice.
7&8 Step left back, step right beside left, step left forward.

SECTION 3: STEP RIGHT ¼ TURN LEFT, WEAVE , ROCK SIDE, SAILOR STEP

1-2 Step right to right, turn ¼ left stepping down on left beside right.
3&4 Step right behind left, step left beside right, cross right in front of left.
5-6 Rock left to left side, recover onto right
7&8 Step left behind right with a small sweep, step right beside left, step down on left. (9)

SECTION 4: STEP OUT - OUT, COASTER STEP, JAZZ BOX TURNING ¼ LEFT

1-2 Step down on right – Step down on left (wide apart)
3&4 Step back on right, step left beside right, step forward on right
5-8 Cross left over right, step down on right, turn ¼ left step down on left, step right beside left (6)